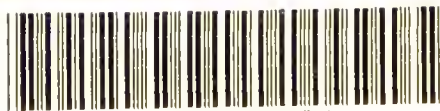


A
Handy Book
on
Hydrography

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A
HANDY BOOK
ON
HYDROPATHY,
Practical and Domestic,

WITH

A CONCISE INTRODUCTION TO THE PRINCIPLES OF THE SCIENCE, THE
CONSTRUCTION AND MANAGEMENT OF BATHS AND HYDROPATHIC
APPLIANCES, AND RULES FOR THE GENERAL TREATMENT
OF DISEASES, AFFECTIONS, AND CASUALTIES, ETC.

BY

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Manchester.

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P R E F A C E .



IN offering this manual to the notice of the public, the Author simply desires to convey to his readers, in a plain and clear manner, the readiest and most effective means of attaining a practical knowledge of Hydropathy. With this view, he has as far as possible, avoided all technicalities likely to embarrass non-professional readers. He, therefore, trusts that this little work will be the means of familiarising many with the beneficial results of Hydropathy, and will demonstrate how vast are the advantages and economy of its personal and domestic practice.

The idea of this publication was suggested, from time to time, by several friends of the Author, who had been largely benefitted by his treatment, and at length he decided to accede to their request. The fact, that many elaborate treatises have been already published on the subject might, at first, appear to render an additional work superfluous, but when it is considered that all of them are too voluminous and costly to meet popular requirement, it appears to the Author but reasonable to hope that such a manual as the present would prove a desideratum to the public—particularly as, in the general run of domestic accidents, ailments, and casualties, there are ample directions given for treatment, which can be used by every one of ordinary capacity. They whose intelligence and energetic perception of improvement and progress

may lead them to commence a trial of Hydropathy, will warmly appreciate this and every other similar attempt to alleviate human suffering by the most natural and efficacious mode, which the Great Supreme has so bountifully accorded to all who are disposed to exercise their judgment and discrimination.

The Author does not profess, in this work, to introduce matter of exciting novelty, but simply the results of confirmed practical utility; and he particularly requests that it may be clearly remembered, that the whole course of treatment detailed in the following pages is deduced from his experience of many years as a practical Hydropathist, and which in every instance has been amply verified by the most beneficial success. Having, therefore, none but the common cause of humanity to serve, and being solely actuated by a sincere wish that the blessings of Hydropathic treatment may become patent to all, he now respectfully confides his work to the candour and judgment of his readers.

JOSEPH CONSTANTINE.

*The Baths, 90, St. James' Street,
Manchester, January 30th, 1860.*

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HYDROPATHY.

It is now about forty years since the time that Vincent Preissnitz, then a humble peasant at Grafenberg, in Silesia, introduced to the world his discovery of the "Water Cure," or the science of Hydropathy. Opposition and adverse circumstances, which always attend discoveries of pre-eminent value, were not wanting to greet the advent of the new system, and it was accordingly assailed with all the accrimony which ignorance of its principles, prejudice, scepticism, and dogmatic attachment to old systems could array against it. Such disadvantages, however, are frequently the criterion of scientific excellence and intrinsic merit; they evolve discussion, rouse the spirit of investigation, and they are finally consummated by the triumphant and universal adoption of the newly discovered and much abused principle. This has been remarkably exemplified by the rise and progress of Hydropathy, which forty years' of almost unexceptionable trial on the Continent and in England has demonstrated beyond all cavil, the correctness of its theory, the perfection of its practice, and its capability of universal application.

In every department of the animal and vegetable kingdom, water is the principal constituent, and the most active and powerful agent in promoting all chemical and organic action and change of condition. Physiologists have demonstrated that about seventy-five per cent, or three-fourths, of the human body is composed of water. The knowledge of this fact, and a little subsequent reflection, might well suggest the idea that water, judiciously applied, under proper conditions, and by peculiar methods, would be found to be the most natural and efficient curative agent, and the only probable restorative of impaired vitality and deranged organic functions. Such indeed is the actual result of the Water Cure—a result which has always been successful, save in a few solitary instances, in which the patients have been utterly beyond all earthly remedy. It cannot, therefore, be a matter of surprise that very extravagant and irrational expectations have been formed of the system—that miracles could be performed; hence, it has occasionally been tampered with by empirics and charlatans. The true advocates of the treatment never make large promises, and purposely avoid, as much as possible, everything that can savour of quackery and pedantry. Accordingly, in all cases not absolutely incurable, patients may generally rely on a gradual and progressive cure; but in cases of fever and other ailments of rapid development, a proportionately speedy and rapid cure can be easily effected. Incurable cases can

to a great extent be alleviated, and much poignancy of suffering avoided. In chronic disease, such as rheumatism, and in other instances where the disease is very deep-seated or inveterately constitutional, a somewhat lengthened and continuous course of treatment will be required—but the result will be generally successful—and its certainty will be evidenced by the gradual recovery of the patient, who, if he be a novice in the Water Cure, will discover, as all its opponents have done, *after trying it*, that “there is more in heaven and earth than they dreamt of in their philosophy”—and if all who object to the Water Cure would *first* institute a trial, and give their verdict *afterwards* instead of allowing their verdict to *precede* the trial, they would at once arrive at more correct conclusions, and much dogmatic fallacy and perverse injustice would be avoided—for truly, as England’s most eminent ethic observes, “Nothing makes a man suspect so much, and know so little, as ignorance.”

It may be asked by some of my readers, how is it that the medical profession generally do not at once adopt the Water Cure if it be so beneficial and so uniformly successful? To this question there are various answers, and a little reflection will at once exhibit their force and justice. Medical men who have expended years of valuable time, and their best energies in study to acquire a large and lucrative practice are reluctant to embrace a system which so completely

revolutionizes their time-honoured ideas and formulas, however imperfect and impotent they may be; and even could they overcome these scruples, the practice of hydropathic treatment, would involve the systematic study of an entirely new system of appliances and therapeutics. Again, medical men could not, without a diligent (though short) apprenticeship, learn their practical application—and even if this were acquired, it is doubtful whether they would have the patience either to apply personally or to superintend the application of the hydropathic process—seeing that under the present medical system they have only to examine their patient's symptoms—write the prescription—pocket the fee—and the nearest chemist, or the compounder in the surgery, performs the laborious and drudging part of the business. To illustrate this further, it may be here stated, that a medical friend of mine, who was a highly accomplished botanist and herbalist, preferred administering purely vegetable medicines to his patients, instead of impregnating their constitutions with the products of the mineral kingdom. As his practice increased, he found it difficult to persevere in this course, from the absence of any chemists who exclusively dispensed herbal preparations; and therefore, to save time and trouble, he resorted to the usual handy mode of prescription, and the use of mineral drugs. Thus it is with Hydropathy; and many of the profession do not hesitate to acknowledge its transcendant superiority, but

only refuse to adopt it on the score of trouble and inconvenience. Some, too, desire that the arcana of the healing art shall be shrouded in cabalistic mystery; and object to Hydropathy, as being likely from its simplicity and facility of application to lessen the visits of the medical attendant. Another, and very strong objection is, that many of the faculty do not, or will not, clearly understand that in overcoming disease, it is effected by the re-active power of the constitution of the patient, that all systems of treatment are but subordinate agents, and are more or less subservient to this principle; and finally, they know not, and are unwilling to believe that water will, even in the most delicate and prostrated invalid, resuscitate this power, develope it, increase it, until the constitution is thoroughly renovated in confirmed convalescence.

Fortunately, however, the beneficial influence and extraordinary results of the Water Cure are becoming so universally known, and so patent to the world, that scepticism and prejudice are fast dying away before the advancing light of scientific and pathological research. Indeed, despite all the objections previously detailed, many of the most eminent of the faculty, both metropolitan and provincial, have frankly acknowledged the paramount excellence of the treatment, both in public precept and in private practice—and the marked change that has taken place during the last twenty years in medical practice is very striking. The disuse of

bleeding, save in extreme and desperate cases—the diminished administration of drugs—the increased regard for natural sanitary conditions—the improved attention to diet, air and exercise,—all practically indicate the gradual but universal adoption of the improved system, as practised by its leading advocates.

Two of the most peculiar features of the Water Cure, and which must at once strike every reflecting mind, are its extreme simplicity of principle, and variety of application. These qualities, with its well ascertained results, speak most eloquently for its nature, truthfulness, and freedom from all quackery and empiricism. Had the system been complex, uncertain and expensive, it would have found a host of enterprising advocates to trumpet forth its praises to the world—and after a brief career of public wonderment it would have been quietly consigned to oblivion. But the principles and practice of the Water Cure being simple, easy, and accessible to all—being, in fact, an operation of the immutable laws of nature, it is not only destined to supersede the existing systems of medical treatment, but from the enlightened attention which its practice inculcates to the principles of physiology and chemistry of “every day life,” it will materially assist in diminishing many of the social evils, especially that of intemperance in the use of alcoholic stimulants, which are so baneful to the well-being of humanity.

So universal now is the perception of the

benefits resulting from the Water Cure, that not a week passes now without hundreds of patients being restored to the blessings of robust health; and scarcely a month elapses without the conversion of some eminent practitioner, from the uncertain and destructive practice of the drug system. From the accession of such eminent names as Doctors Gully, Wilson, Johnson, Macleod, and others, we may certainly hope that their pathological research with the illimitable capacity of water as a curative agent, may be more and more developed, to almost infinite perfection; and that the name of Vincent Preissnitz will henceforth be transmitted with honour through every age, as one of the greatest benefactors of our race, and that it will be for ever embalmed in the grateful benedictions of posterity.

The practice of ablution and the use of water as a means of imparting strength and vigour to the constitution, appear to have been almost coeval with the existence of man; and from all we know of nations in a savage state, they are keenly sensible of this advantage. We are informed by missionaries who have resided in the numerous groups of islands which stud the Pacific and the Southern oceans, that the inhabitants throw their children into the sea soon after birth, and that in their boyhood they are perpetually bathing, and early become dextrous swimmers. The custom of plunging new-born infants in cold water was formerly universal, and even now largely prevails amongst the hardy High-

landers of Scotland to this day. With respect to artificial baths, the most costly and magnificent edifices of the nations of antiquity were their public baths, and immense revenues were annually expended on their maintenance and embellishment. It is related of Alexander the Great, that he was astonished at the overwhelming grandeur and luxurious elegance of the Persian baths. In India, their existence can be traced to the remotest period of its history. This is likewise the case in the annals of Russia—and it is affirmed that many of the diseases prevalent where the use of the bath is neglected, even in our own highly favoured isle, are quite unknown in Russia. The Romans above all European nations, were celebrated for the palatial magnificence of their public baths; in fact bathing was their passion and their pride, and to such excess was it carried, that for each individual to take from two to six baths per day was very common. During the time of the Emperors, Rome, we are told, contained no less than 870 of these establishments, all finished models of the highest architectural skill and elaborate elegance. In fact, in this and in all other countries where the Romans exercised dominion, the remains of their public baths have been found; and a prominent part of their domestic architecture was likewise the private baths so constantly discovered in the vestiges of the mansions of the better class or patricians. These evidences bespeak a highly polished civilization, and were England at this

present time to share the fate of Rome, these evidences would be wanting to indicate to a future age our own boasted refinement. Let us hope that the time has now arrived when these deficiencies shall be removed by improved attention to sanitary science. The Roman bath combined the two-fold action of hot air and water, and is now being revived under the name of the "Turkish Bath." It has been found an excellent accessory in the tonic stage of hydropathic treatment, and is now coming into general use, both publicly and in connection with every hydropathic establishment. It is particularly described in a subsequent part of this work.

Though physicians, from the time of Hippocrates and Galen, have advocated the use of the bath in health and disease; and though the influence of the vapour bath had been discovered and recognised at an early period, still it was supposed to be in a measure beneficial, not absolutely remedial, and until within the last forty years the *curative* powers of water do not appear to have been suspected in the slightest degree; nor did fortuitous accidents, which sometimes determine great discoveries, seem destined to evolve the science of Hydropathy. It was reserved, then, for the philosophic and reflective genius of Vincent Preissnitz to resolve, and practically demonstrate, its unerring principles to the world, and to rescue suffering humanity from the vague, speculative, and uncertain treatment

of the drug-system. As some recognition of the inexpressible value and importance of the Water Cure, Dr. Wilson truly observes:—"Here is a fact which contains mighty matter for reflection, that when such a system was struck out in the solitudes of Silesia, how singular to find it in common and minute accordance with the teachings of the exactest science of the day—to find it, when carefully bottomed and analysed, a system based on the very constitution of man's frame, and taught and enforced by every fact of anatomy, physiology, pathology, and chemistry—a system at once harmonizing with the philosophy and reason of things, and justifying its abstract pretensions by practical proofs without number and without parallel; and this system we owe to the creative genius of Vincent Preissnitz, and the providential circumstances with which he was surrounded."

This voluntary testimony, coming from one of such professional eminence as Dr. Wilson, is in itself a most conclusive confirmation of the absolute efficiency of the Water Cure; and to his might be added a host of similar expressions from others of scientific celebrity; it has also been equally verified by my own individual experience, and the extraordinary cures its powerful agency has enabled me to effect, which if related would appear almost miraculous, and would, in many instances, excite suspicions of my veracity, however sincere and unimpeachable. One very remarkable charac-

teristic of the Water Cure (and which should be always remembered by its opponents as well as by its advocates) is, that those who have investigated and tried its virtues, have generally been patients who have been "given up" by the medical profession, suffering from chronic or some form of supposed "incurable" disease; yet, to the honour of Hydropathy be it recorded, that nearly all the chronic cures have been effectually cured; those pronounced absolutely incurable have been greatly relieved, life has been rendered more tolerable, and materially prolonged, by its benign and healing powers.

The ghastly category of fevers and inflammatory diseases which so severely exercise and frequently baffle the ablest medical skill—whose termination in death or convalescence is alike precarious and uncertain—and which are usually treated by an often-changed and experimental course of medicine—are, by the Water Cure, in a short time, and with the most absolute certainty and confidence, effectually eradicated. By its application the blood is speedily and gratefully reduced from scorching heat to its proper temperature; the dry, harsh skin is moistened; the natural excretory process of perspiration is excited and re-established; all inflammatory action is reduced; and, what formerly comprised weeks of precarious suffering and harrowing anxiety, is now converted into a few hours of diminishing ailment with certain and progressive recovery. Rheumatism, with its rocking pains; the formidable erysipelas, and other

inflammatory eruptions, alike succumb to the healing powers of the new system; and colds, whether slight, severe, or protracted from neglect, and which so continually consign thousands of human beings to a premature tomb, or entail deep-rooted disorders in age, are easily dispelled by the timely application of the Hydropathic treatment. Frequently have I seen persons bent double, and suffering extreme agony from every movement when afflicted with lumbago: they have been effectually cured by two sweating baths; and scarcely a day passes without my continually witnessing distressing complaints of every phase and grade treated with corresponding efficacy.

The cure of these and similar complaints with such extraordinary success, has elicited several able treatises; amongst them there are two highly deserving of attention by all sufferers from these maladies; one is, "On Chronic Disease, and its Treatment Hydropathically," by Dr. Gully. and the other "On Incurable Disease and its Treatment," by Dr. H. F. Johnson. Nor would I recommend these excellent works to sufferers only, but to the faculty, to the public at large, and in particular to all who take an interest in the physical well-being of man, and who are sufficiently ingenuous and philosophical to believe in a more perfect development of it than has yet been attained.

The history of epidemics does not record a more fatal and devastating scourge than Asiatic or malignant cholera.

To treat it effectually and with certainty has been the great "vexed question" of medical science ; and though the combined skill and research of the British and Continental faculty have been incessantly devoted to the pathology of this terrible disorder, no effectual and certain course of medical treatment has yet been discovered. Indeed, the whole course of treatment hitherto pursued seems to have been rather *precautionary* than of a *curative* nature. Far different, however, have been the results of the Water Treatment when applied to this formidable disorder, which have been attended with the most complete and signal success. It may not be irrelevant to state, that a short time since, a highly respectable and intelligent missionary, the Rev. John Law, called at my establishment, and in the course of conversation detailed the following incidents in connection with the successful treatment of cholera by Hydropathy : He was stationed in the West Indies when the cholera made its appearance, and in one locality it swept off the inhabitants at the rate of one hundred per day. From closely watching the character of the disease, and finding that the sufferers uniformly complained of a chilliness of the skin, and particularly at the extremities, the idea suddenly occurred to him that the steam-bath would render great service, by restoring warmth, animation, and vital energy. He accordingly tried the experiment on a girl, whose parents had already been deprived of three of their children by

the fatal pestilence. To his unspeakable joy the experiment was most satisfactory; the girl rapidly recovered. Until the disappearance of the cholera he continued to treat every patient by the same process; which was uniformly attended with favourable results, and he had the triumphant gratification of finding that not a single death occurred under his hands after he adopted this mode of treatment.

It is unnecessary to dwell further on the eminently successful results of the Water Cure, and it would be invidious to contrast them with those of the drug system. Sufficient has been said to impress every intelligent mind with the absolute necessity of trying, testing, and forming an unbiassed and independent opinion of the principles, merits, and results of Hydropathy; and in order that these may be further appreciated, I take the liberty of quoting Dr. Gully's Propositions on the Principles and Practice of the Water Cure. They constitute a very clear synopsis of the whole system, and which will at once place it in a plain and intelligible light to every reader:—

PROPOSITIONS ON THE PRINCIPLES AND PRACTICE OF THE WATER CURE.

- I. A series of unnatural symptoms constitute a disease.
- II. This disease is referable to a morbid condition of some of the textures of the body.
- III. All disease is originally acute, that is to say, the

symptoms are more or less rapid and pressing in their character, and more or less characterized by fever.

IV. Acute disease is the effort of the morbid organ or organs to throw off their disorder upon some less important organ or organs. Thus acute inflammation of the liver, stomach, or lungs, causes fever, that is, an effort to throw the mischief on the skin, the bowels, or the kidneys.

V. If, from the great extent of the mischief to be thrown off, and the feeble constitution, acquired or natural, of the individual, this effort is not successful, the body dies from exhaustion.

VI. If this effort be only partially successful, more or less of the internal mischief remains, but gives rise to symptoms of a less rapid and pressing, and more permanent character. These symptoms then constitute a chronic disease.

VII. Except in the case of accident to the limbs, we know of no disease which is not essentially internal. Skin diseases are invariably connected with disease of some internal organs, especially the stomach and bowels, and are regulated in their character and intensity thereby. This is so true, that where there is a skin disease, the crisis effected by the Water Cure invariably takes place on the spot where it exists.

VIII. *Acute disease*, then, is the violent effort of internal and vital organs to cast their mischief on external and less important organs.

IX. *Chronic disease* is the enfeebled effort of the same organs to the same end.

X. But as from the diminished power of the constitution this is always ineffectual, the morbid state of the organs tends constantly towards disorganization, or what is called *organic disease*. This is more certainly the case, if the original causes of the malady are at work.

XI. Disease, therefore, is *curable* when the power of the system is sufficiently strong to throw the morbid action from a more to a less important organ.

XII. Disease is *incurable* when the power in question is insufficient for the last-named purpose; and when it has become organic, that is, when a change of structure has taken place.

XIII. From these premises it follows that the aim of scientific treatment should be to aid the development of the power of the system and its efforts to rid its vital parts of mischief.

XIV. That mischief invariably consists in the retention of an unnatural quantity of blood in them, to the detriment of other parts of the organism,—a retention commonly known by the terms *acute inflammation*, *chronic inflammation*, and *congestion*.

XV. In endeavouring to develop the powers of the system, the dissipation of this inflammation or congestion must be constantly kept in view, as the end of which the constitutional efforts are the means.

XVI. But as the circulation of the blood everywhere is under the influence of the organic system of nerves, the power and efforts of these last are essentially to be strengthened in order to dissipate the inflammation or congestion referred to.

XVII. Curative treatment is therefore made through the instrumentality of the nervous system.

XVIII. Violent and sudden stimulation of the nervous system of the internal organs, is invariably followed by exhaustion and increased inflammation and congestion. Hence the impropriety of aleholic and medicinal stimulants.

XIX. But the gradual and judieiously regulated stimulation of the nervous system aceeding to the organic powers, conduces to the *development* and *maintenance* of its strength.

XX. This stimulation is the more steady and certain in its results the more universally it is applied to the *entire* nervous system.

XXI. To the external skin, therefore, and to the internal skin, (as represented by all the lining membranes of the lungs and digestive organs,) this stimulation should be applied, those parts containing the largest portion of the nervous system spread through them.

XXII. *Pure air* applied to the lungs, *proper diet*, and *water* applied to the digestive organs, and *water* applied to the external skin, fulfil this intention of stimulation and strengthening most effectually.

XXIII. Further, as that portion of the nervous system, (the brain and spinal cord,) in which the will resides, requires the development of its powers, *exercise* of the limbs is requisite, the stimulation of the air, diet, and water aiding thereto.

XXIV. PURE WATER, PURE AIR, PROPER DIET, AND REGULATED EXERCISE, ARE THE GREAT AGENTS IN EFFECTING CURE OF DISEASE BY AIDING THE NATURAL EFFORTS OF THE BODY, THROUGH THE INSTRUMENTALITY OF THE NERVOUS SYSTEM.

XXV. IN THE DUE APPORTIONMENT OF THESE AGENTS, ACCORDING TO THE POWERS OF THE CONSTITUTION AND THE PHASES OF DISEASE, AS ASCERTAINED BY MINUTE MEDICAL EXAMINATION, CONSISTS THE SCIENTIFIC AND THE SAFE PRACTICE OF THE WATER CURE.

XXVI. As strengthening of the system by the regulated stimulating of the nervous system is the means, so the throwing off disease by more important or less important organs by that acquired strength, is the end of that practice.

XXVII. During the efforts of the system thus aroused for so beneficial an end, if agents are employed which divert those efforts and tend to centre stimulus on the more important organs, augmented mischief is the certain result. Such agents are to be found in alcoholic and medicinal stimulants, applied to the internal skin and nerves : in hot and impure air applied to the external skin and nerves ; and in exciting and fac-

titious pleasures and anxious cares applied to the great centre of the nerves, the brain.

XXVIII. These and the *mal-apportionment* of the stimulation included in water, air, diet, and exercise, give rise to the only "Dangers of the Water Cure."

XXIX. The proper apportionment of the stimulation in question originates and maintains a steady effort of the system to save its vital parts at the expense of parts which implicate life less immediately.

XXX. The result of this effort is shown in one of the following ways: 1, the re-establishment of obstructed and suppressed secretions; 2, in the elimination of diseased matters through the bowels, kidneys, or skin, 3, in the formation of a critical action of some sort on the skin.

XXXI. Such result constitutes the CRISIS OF THE WATER CURE.

XXXII. The Crisis being the result of the extrinsic efforts of the vital organs, is to be viewed as the *signal* of their relief, not as the *instrument* of their relief.

XXXIII. Still as, during the crisis, the tendency from the internal to the external organs is most strong, it is more than ever necessary to avoid the causes which act in diverting this tendency and in reconcentrating the mischief on the internal parts.

XXXIV. At the same time, the tendency in point of being then strongly established, it is not necessary to stimulate the system further in that direction, and all

treatment except that which allays irritation accordingly ceases.

XXXV. A crisis being the evidence of cure of the internal disease, *no recurrence of the latter is to be apprehended, unless the morbid causes are re-applied.*

XXXVI. It is, however, possible, and in a great number of cases happens, that complete recovery from disease is effected by a slow process without any perceptible evidence of a crisis, either external or internal.

WATER.

It would be foreign to the design of this manual to enter upon any dissertation on the analysis and chemical properties of water; indeed its beneficial influence in its household and personal use must be so familiar to most of my readers as to render it unnecessary. It may, however, be premised, that it performs, when applied both externally and internally, the offices of *distributing* the blood, changing its *quality*, compensating the continual waste of the fluids of the body, and by supplying oxygen in a different form from that of air,—to be absorbed externally by the skin and internally by the stomach,—refreshes, revives, and keeps in glowing and healthful activity all the bodily functions; and by nourishing them to a natural extent, aids the development of vital energy.

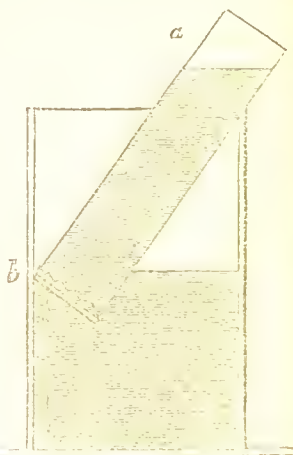
Yet there are very many who will not *condescend* to use this—the first, the most natural, refreshing and

wholesome liquid in a proper manner, because of its gratuitousness and abundance. It is, after the boon of life, the highest of all the physical blessings which Providence has bestowed upon the human race, and yet there are millions who shuffle down to the grave and never imbibe it in its pure and unmixed state, but will only receive it in the suspicious form of adulterated wines, spirits, ale, and porter; which, though they may stimulate and excite for a time, do so by making a large, and in some instances, a terrific discount from the term of natural life, besides crowding an age of disease, decrepitude, and pain into the little portion left of embittered existence.

But with respect to the curative powers of water, how frequently do we hear sentiments of surprise and doubt expressed, How can water—such a simple, pure, tasteless, scentless fluid as water—cure that haggard dyspeptic, or that yellow-eyed subject of liver disease, or that cripple, racked with remorseless rheumatism? How can such as these hope for health and ease from such a simple and easy remedy? Because it is in the most beautifully exact and harmonious accordance with the laws and operations of nature, and the teachings of pathology. We have elsewhere adverted to the fact, and it cannot be too vividly impressed on every mind, that about seventy-five per cent or three-fourths of the human body is composed of water, and if we examine the physiology of the vegetable kingdom, we find that

there also it is a primary constituent. Suppose the supply of this vital element were but temporarily suspended, how soon would all animal and vegetable life become extinct! How utterly feeble and inadequate then must be our utmost endeavours to appreciate the value and power of this pure and genial element!

We will now attempt a familiar explanation of the curative action of water. The skin is composed of myriads of millions of minute capillary vessels or pores, even within the diminutive area of a square inch. A drop of water is likewise composed of millions of minute particles. By whatever means water be applied to the skin by the process of baths, bandages, vapour or other form, it is alternately absorbed and expelled. To exhibit its action visibly, a very interesting and beautiful experiment may be made as follows:—Take a glass tube (*a*), whose calibre is four-tenths of an inch in diameter. Tie very closely and accurately a piece of bladder over one end, and fill it with brine. Take a glass tumbler (*b*) and let it be three parts full of pure water. Then immerse the small tube, with the bladder downwards, just under the surface of the

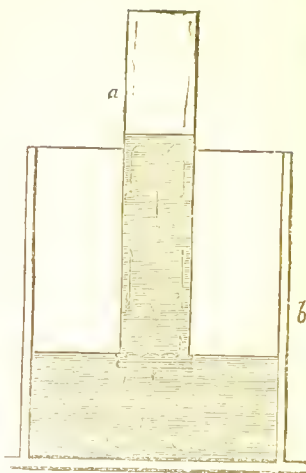


water in the tumbler, and incline it at an angle of forty-five degrees, as shown in the annexed sketch. In a short time a current of liquid will be seen arising from the bottom of the water in the tumbler, upwards along its side, in the direction indicated by the arrows, through the bladder and thence up one side of the small tube, to the surface of the brine; then it descends on the other side of the tube, as indicated by the arrows, through the bladder, down to the bottom of the water in the tumbler. The upward current is a current of pure water, to supply the place of the lost brine. This current will continue until the two fluids have become perfectly similar—that is, until the fluid in the tumbler has become as salt as that contained in the tube.

If, therefore, the tumbler be emptied and refilled with pure water, the current will be re-established, and by a few repetitions of this process every particle of brine will be completely abstracted from the water in the tube, which will be found to be thoroughly purified.

This experiment may be varied, and the currents may be seen with beautiful distinctness by infusing a few particles of very fine indigo in the water in the tumbler and the brine in the tube, and by making a small aperture, not exceeding one-fifth of an inch, in the centre of the bladder. Instead of inclining the tube, as in the former experiment, suspend or hold it in a vertical position, so that the bladder may be just immersed under the surface of the water. Two currents will be seen to as

ascend from the tumbler upwards along the sides of the tube to the surface of the fluid. They now turn and descend in a double current down the centre and through the aperture in the bladder into the water in the tumbler, where they diverge, turn again, and again ascend. The downward current in the centre is a current of brine, and the two upward currents are those of the water in the



tumbler, to compensate for the removal of the brine.

In these experiments we have a beautiful example of the power and searching action of water, as exercised in the system of hydropathic treatment, which, when united with judicious attention to the adjunctive conditions of air, exercise, and diet, it becomes an irresistible eradicator of disease, and that frequently, when all other means have failed.

When pure water is held in contact with the external surface of the skin of the body, by means of the various baths, wet sheet, bandage, compress, or any other method, precisely the same conditions are established with regard to the fluids in the body and the water in contact with its outer surface, as those of the brine in

the tube and the water in the tumbler, which is in contact with the bladder's outer surface. Eighty per cent. of the blood is composed of water, and it is this water holding in solution fibrine, albumen, and the various salts proper to the blood, which alone circulates in those myriads of millions of millions of capillary vessels or pores, which are too small to admit the passage of the red particles. When any poisonous and diseased matters are present in the blood, it is in the water composing it that they are held in solution, as the salt is held in solution by the water of the brine.

Now, when by means of the wet sheet, or other form of bath, pure water is held in contact with the skin, and if the blood contains poisonous matter,—say, for instance, bichloride of mercury,—an interchange takes place between the external pure water and the internal mercury and water; the latter exudes and the former is absorbed to supply its place; and in this way, by frequently renewing the contact of pure water with the skin, the blood is purified of all poisonous and morbid matters it may happen to contain. It will therefore be readily perceived that each application of the wet sheet must reduce any disorder less and less, until it is completely expelled.

It will here naturally occur to many, that drinking water is a healthful practice, and taken internally it must perform a considerable part in assisting the bath and wet sheet in effecting their respective objects, which

it most certainly does, for it is febrifuge, anodyne, antispasmodic, and depurative. It allays excitement, soothes the nerves, and lowers the pulse, and renovates the entire system.

If, after dressing, and especially early in the morning, two tumblers of water be gradually drank, and a brisk walk taken afterwards, it will open the bowels freely, cleanse the stomach, fill the mouth with wholesome and pleasant juices, sweeten the breath, invigorate the system, and create an appetite which renders the humblest and plainest fare enjoyable; and will promote mental serenity, robust health, and a prolonged period of life. Great as are the benefits derivable from this practice, it is very necessary to guard against excess in drinking even of water. To overload the system by intemperance of any kind is highly injurious, and particularly by the immoderate use of fluids, which, if continuously persevered in, weakens and destroys the mucous membrane of the stomach. The great benefits resulting from Hydropathy has often led its more unreflecting advocates to suppose it impossible to drink too much of that pure, natural, refreshing, and exhilarating beverage—water. Save to the extent of a tumbler or two early in the morning, it ought only to be drank in such moderate quantities, and at such times as inclination requires way. As little as possible should be drank during meals; a habit of doing this may be gradually acquired, and with it, improved digestion. To

take a little midtime between breakfast and dinner, midtime between dinner, tea, or supper, is highly desirable. But the particular principle to be guarded against in drinking water *freely* is, that the sudden infusion of cold in the stomach, lowers its temperature and diminishes the vital heat and tone of the system; and it is worthy of note that Dr. Gully recommends that water, in some cases, should not be drank of less temperature than 55°. On all occasions of thirst a copious draught of water is unobjectionable, whenever the body is not overheated by exercise. To drink no more fluid of any kind than absolutely necessary and exactly agreeable, is at all times the most sensible and judicious course; but when taken after dressing and immediately before commencing a brisk morning's walk, all chilling effects are healthfully and beneficially counteracted; but should the weather be unfavourable for the walk, then a diminished quantity must be taken.



B A T H S

AND

HYDROPATHIC APPLICATIONS.



We will now describe the various forms of hydropathic applications or process. It is to be hoped that all readers will carefully attend to the particular directions given, for this is such an essential to success. If pains be taken, the exercise of the treatment will become a pleasurable study, and will prove of incalculable service in every household, frequently supersede the attendance of the surgeon, and will enable most individuals to act with judgment and decision in cases of casualties and emergencies.

THE WET SHEET PACKING.

This process has not only the effect of allaying irritation, and lowering the pulse, but it also abstracts, in a surprisingly rapid manner, all morbid matters suspended in the blood and fluids of the body. It is a proper sedative in all cases of fever, and were its effects known to, and its proper method of application understood by, medical men, there would not be one, where there are

at present ten fatalities, in cases of scarletina. Some years ago I was requested to visit a young man who was reduced to the brink of the grave. His case seemed utterly hopeless. He had been attended by the parochial surgeon, who had given him up. Prior to the parents soliciting my aid, they took the surgeon's opinion on the Water Cure, and his reply was:—"Well, he will certainly die whatever you try, and he may die a few hours sooner if you try the Water treatment." They did try it, and the young man was saved. He was packed seven times the first day, and seven times more the following day. The fever yielded to the influence of the process, and he gradually gained strength. He grew rapidly on his recovery, and became a tall, powerful, healthy man.

Although the Wet Sheet is a process lowering to the system, it is at the same time a means of strengthening it, by the grateful reaction it afterwards induces. No application of the Water treatment has so powerful an effect on the functions of the stomach, the spleen, the liver and the bowels, as the Wet Sheet,—it renovates the healthy action of those organs, and thus imparts tone and vigour to the whole system. A very remarkable feature in the Wet Sheet process is the intensely deep and refreshing sleep it induces; so soothing, so balmy, as can only be appreciated by those who have tried it, and there are thousands of patients who are continually suffering an agony of restlessness, who

would, if packed in the Wet Sheet, fall asleep in five minutes.

DIRECTIONS —Take off the bed, leave nothing on the bedstead but the mattress. Select two blankets of good large size—(for small blankets never admit of proper and efficient packing, in fact, very few households possess a pair of really large and good blankets—and none should be without two pair)—spread two blankets on the mattress. Take an *old linen* sheet, if available, but if not, select any other sheet that is *soft* and *thin*, the thinner the better, as it will pack so much closer to the body, and will produce far more agreeable sensations than a thick, hard one. Steep it well in cold spring water, as that has the best effect; then wring the water well out of it—except in such cases where the patient is very feverish, when more moisture is desirable, and a moderate wringing will suffice. Then spread the sheet carefully on the blankets, perfectly smooth, taking care to avoid all folds or unevenness of any kind. The patient must then lie on his back on the sheet, and must raise his arms; the portion of the sheet on the off side is then folded over the body, tightly and compactly. The arms are then brought down to the sides, and the other portion of the sheet is then brought over them and the body. This done, fold the blankets in the same manner—*particular care must be taken to pack the whole tightly and compactly, so as to exclude the air*, otherwise the operation will be a failure:—and it should be borne in mind, that

very few persons can pack the wet sheet well without having first seen it done, and then acquiring a little skill and proficiency by practice;—but care and pains-taking will go far to ensure success. Having got the patient comfortably packed, the head should be gently raised, and a soft pillow introduced so as to secure sufficient elevation. Then place a good feather bed over the patient; press it tight down and tuck it in well all over, particularly down his sides and at the feet; the warmth and weight of the bed causes the chill to pass off quickly, the warmth commences, and with it the chemical and mechanical action of the water, explained and illustrated on pages 26 to 29. Immediately after this is done a deep and refreshing slumber ensues (in almost every instance), such as is rarely experienced under any other circumstances, and under none with such grateful and reviving sensations. The proper time to remain in the sheet in ordinary cases is about forty-five minutes, and in those of fever about twenty minutes. In the latter, a cold wet cloth should be laid across the forehead, and it should be continually removed by immersion in water, as it becomes warm.

Immediately after coming out of the Wet Sheet, the patient should take a cold or tepid shallow bath, or the Dripping Sheet should be used, as the case may require; according to the reactive power or vital heat of the patient. It is then necessary to dress as quickly as possible—to

drink a tumbler of water—and to take a brisk walk for thirty or forty minutes.

The effects of the wet sheet are—the lowering of the pulse, the equalizing and distributing the animal heat through the entire system, the allaying of nervous irritation, the promotion of the free circulation of the blood, and are indirectly tonic. In short, its powers of restoring and renovating the system when impaired by disease are all but inconceivable.

THE TOWEL OR HALF-SHEET PACK.

In cases of extreme weakness, when the vital and re-active power is too low for the full Wet Sheet, the Towel, or Half-sheet Pack, may be employed with advantage, as it is quickly warmed. When towels are used, one must be in front and another behind, with the blankets exactly the same way and the feather bed well tucked over all, as in the full pack. In this case the half sheet should be brought up to the arm pits, and the arms and feet should not be enclosed. The treatment afterwards should be the same as in the full pack, except in severe cases of fever, when it would not be safe for the patient to go out, then the walking after the pack must be dispensed with; a tepid bath of 80 degrees, or a wash-down with tepid water should follow, after which the patient should return to a warm bed.

THE VAPOUR BATH.

This may be considered next in importance to the Wet Sheet, and has rendered incalculable service in almost every class of disease. The form of Vapour Bath most generally used, and which has been found most convenient in public establishments may be thus described :—It consists of a box whose lid is slightly inclined, and admits of being raised and opened like that of a desk, whilst the front portion is a door opening in the ordinary manner. The interior is furnished with a seat, capable of being lowered or elevated at pleasure. The lid has an oval aperture about the size of a hat-brim, through which the head is admitted, and which can be conveniently packed with flannel, around the neck of the patient, to retain the vapour within the bath, and to exclude the external atmosphere from the body. Vapour is then introduced by means of a pipe (inserted within the box, and conducted from the boiler), and thus envelopes the body of the bather, who may undergo its searching action and influence—the head being the only part externally exposed, so as to allow of the utmost freedom and comfort in respiration.

DIRECTIONS.—The usual time for taking this bath is from twenty to thirty minutes. On coming out, the patient should immediately take a shower bath, cold shallow, or dripping sheet, but if these be not available he should promptly undergo a brisk sponging with cold

water, from head to foot, which immediately closes the pores of the skin, prevents colds and chills, and excites vigorous circulation and a healthful glow throughout the system. The beneficial influence of this bath is still more enhanced by a brisk friction with rough towels.

The effect of the Vapour Bath as a cleansing process is very remarkable. The infinitesimal particles of vapour penetrate the pores of the skin with the most searching effect, dissolving and dissipating all scurf and other minute obstructions covering the pores or capillaries, a copious perspiration is stimulated by its genial warmth, the skin is freely relieved of a load of impurities, and performs its functions as an excretory and absorbing organ more effectually in this bath than in any other,—hence, in many disorders, it is, when properly administered, a most powerful agent in subduing inflammation, and is a general depurative.

The efficacy of the Vapour Bath in these respects has been largely acknowledged for several centuries; it has been variously used, with or without the addition of a subsequent cold bath. It is especially suitable for chronic complaints, such as lumbago, rheumatism, stiffness, glandular affections, swelling of the joints, and many local as well as general affections: in these, its power and efficacy is very extraordinary, and rapidly beneficial.

Care should be taken in the administration of the Vapour Bath to admit but *little vapour* at the commence-

ment, and then at intervals of three or four minutes, to admit a gradual increase of vapour, until the bath becomes as warm and full-charged as the patient can *agreeably* bear. By so doing, the exciting action of the bath is rendered more effective and pleasant; after the application of the cold shower, shallow bath, or dripping sheet, the sensation of ethereal buoyancy, lightness, cheerfulness and comfort, which pervades the whole system is inexpressibly delightful.

If any patient be affected with a determination of blood to the head, after being in the bath ten minutes, he should have a cold wet cloth placed on the head, which should be frequently renewed during the subsequent time he remains in the bath.

The Vapour Bath has been frequently decried by many who considered the subsequent cold bath highly injurious. These fears, however, were perfectly chimerical, as has been satisfactorily shown in every instance in which this bath has been properly administered, and it has been taken by thousands of patients—and we have the authority of Dr. Andrew Combe, as to its safety, in his able work “On Physiology applied to Health and Education.” The circumstance of the body being gradually and progressively heated by the absorption of vapour, (instead of by sudden and violent muscular exercise and intense excitement of respiration) renders the effects of the subsequent cold bath highly beneficial, by promptly closing the pores of

the skin, excluding cold, and preventing the escape of vital heat—and to those who, for the sake of thorough cleanness, and a fine-conditioned, healthy skin, are in the constant habit of taking these baths, it is as refreshing, bracing, and enjoyable, in the depth of winter, as is a midsummer's bath in a river, to a robust artisan.

The efficacy of this Bath to those of delicate constitutions, has suggested many plans for its administration in bed-rooms. Perhaps, the following is the safest and most convenient plan : place a bucket of hot water under a cane-seated chair, then place the patient on it, and envelope him in blankets, and the continuation of the vapour may be sustained by the introducing one or more hot bricks, at intervals, into the bucket ; and after this the shower or spongo bath should be taken.

A noteworthy feature of the peculiar action of the Vapour Bath as contrasted with the Hot Water Bath ; for in the former, water in its gaseous or vapour-form, will penetrate and search the skin far more than in its liquid-form, on account of the extreme minuteness of the particles. Moreover, in the Vapour Bath the perspiration exudes copiously, and the skin becomes in consequence cool and pleasant after the bath is finished. In the Hot Water Bath, the specific gravity of the water prevents the escape of perspiration until after dressing, when excessive perspiration ensues, which, however beneficial, cannot compare with the almost indescribable sensation of comfort, buoyancy,

and healthful animation, consequent on the judicious administration of the Vapour Bath.

THE LOCAL VAPOUR BATH.

This is an epitome of the preceding; by its use vapour can be applied specially and locally to every part of the body—to the feet, legs, hips, arms and shoulders. A jet of steam, or a “steam-douche” (as a medical friend of mine quaintly terms it) can be directed into the ear, eye, or any other part with the greatest nicety. It is well known that deafness in many cases arises from the congelation or hardening of the wax within the ear, from cold or other causes: in such instances, this application is of singular service in softening and abstracting it. In cases of rheumatism, stiffness of the joints, sprained ancles, &c., the leg bath has a remarkable advantage over the body bath, as a more powerful volume of steam can be applied locally, than to the whole body, without disturbing the circulation of the blood, or reducing the entire system. It must not, however, be understood that local baths exclusively are suitable for the treatment of diseases, but simply as powerful adjuncts in a general course of treatment.

WARM OR HOT FOMENTATION

Is a very valuable application in conjunction with the Wet Sheet Pack and the Wet Compress, in cases of inflammation or violent irritation. By this process,

which can be used in any house, the attack of many severe affections might be anticipated, countermined, and much suffering avoided.

The Hot Fomentation is not difficult to manage, and consists in applying three folds of flannel, eighteen inches square, immersed in hot water, wrung, and then placed upon the part affected. The water ought to be as hot as the hand can bear; and the patient should be laid on the bed, ready to receive it, with a covering of dry flannel over the part to be fomented; otherwise, it would be too hot for tender parts of the body. This treatment, though apparently simple, is nevertheless a particularly soothing application; but if a counter-irritant is required to bring blood to the surface, and relieve internal obstructions, the flannel ought to be applied as hot as the patient can possibly bear it, and it should be renewed every ten minutes.

THE RUSSIAN BATH

As practised in England, is a small room, well glazed and well lighted; fitted inside with a steam tap, hot and cold water taps, and shower bath; all of which can be used with the greatest facility, at the discretion of the bather. Sufficient space is allowed in it for walking and other exercise; and it is furnished with a bench on which the bather can sit or recline at pleasure.

In Russia, every person from the noble to the serf, takes the bath at least once a week; and it is a very

common thing for them in winter, to roll themselves in the snow when they come from the vapour-room, and that too, with perfect impunity, although Russian winters are proverbial for extreme severity. The temperature of the bath commonly ranges from 95° to 120° , but can be regulated to suit any particular case. It is also extensively used in Norway and Sweden, not only as a cleanser, but also as a remedial agent. Its effect is, to some extent, similar to the vapour bath, but more effective in cases of colds in the head and chest. It accelerates the circulation, quickens the perspiration, and purifies and cleanses the skin. It occupies about the same time; and the cold bath after it may be the same as the vapour bath.

• THE TEPID, WARM, AND HOT BATHS.

The Tepid and Warm Baths are very soothing, and to some extent. lower the pulse; while the Hot Bath is a stimulant, having a contrary effect, by causing excessive perspiration, which is weakening, if continued too long. The cold bath is not so grateful after the Hot Water as it is after the vapour bath, and it is preferable to reduce the temperature by gradually introducing cold water into the warm water. The neglect of this precaution by persons in the habit of using this bath for a wash, often subjects them to frequent colds, which might be avoided by this simple observance; besides colds are often contracted by remaining too long in the

bath—twelve or fifteen minutes being quite sufficient. In hot weather, the Tepid Bath from 90 to 94 degrees is very refreshing, especially at night, after perspiring much during the day, and will commonly insure sound sleep; while a Hot Bath would have precisely the opposite effect. The temperature of the Tepid Bath should be from 85° to 95°; that of the Warm Bath from 95° to 98°; and the Hot Bath from 98° to 105°. This division in the degrees of heat for the various baths, experience has generally shown to be the most correct.

THE DOUCHE BATH

Is formed of a single jet of water precipitating itself from a pipe, of one to two inches diameter. It is a strong tonic and stimulant, and is perhaps the least used of any of the hydropathic appliances, from its great power. The practitioner ought to be very cautious in prescribing, whilst the patient should be equally particular in taking it, or it might prove injurious. In consequence of its great force it should never be allowed to fall on the head or the region of the heart, nor upon any one place or limb any length of time, as it might produce congestion. It is, nevertheless, very effective in a numerous cases, and to avoid any evil consequences it is necessary that the patient should keep the body in motion the whole time he is taking it.

THE PLUNGE OR SWIMMING BATH

For those in the enjoyment of robust health is very bracing. It is very advantageous to exercise the limbs well whilst in the water, and swimming is a most invigorating exercise. The number of cases in which health has been injured by the abuse of this bath is very surprising; it is chiefly from want of exercise whilst in the water, and remaining in it too long,—ten or fifteen minutes is quite sufficient, even in summer, and a longer period than that is sure to be attended with injury, even to the most robust; for although this bath, when prudently used, is tonic; by remaining in it too long, becomes a strong sedative, in abstracting too much heat from the body, and thus destroying the regular action of the heart, lungs, and stomach.

THE SHALLOW BATH

Is so called on account of the small quantity of water employed, being only about six inches deep. It is perhaps more generally used than any other cold bath in the hydropathic treatment, as its effects can be modified to suit the case in hand. In instances where the reactive power is weak, a smaller quantity of water is required and increased friction. The patient should not remain in the water more than a minute, during which time he should be well rubbed with the wet hand of the attendant, who should afterwards subject him to a pro-

cess of dry friction, by rubbing him well with a rough sheet. A patient, with sufficient strength, ought to use vigorous friction both in this bath and on getting out of it. This is a simple bath, but it requires a small apprenticeship to apply it properly, so that the patient may derive all the benefit it is capable of imparting. A person may get into a cold bath and get out again, and fancy he has taken a bath, when in reality he has done nothing of the kind, having only taken *a cold*. There are also many who, once a month or so, resolve to give themselves a treat by taking a cold bath, and who, as soon as they take it, take cold also. And why?—Because the bath is taken improperly in both cases. This fact no doubt has had great influence in preventing the more general use of the bath for sanitary purposes. Let us suppose that a person, who feels his health slightly giving way, is recommended to consult a physician in the habit of prescribing baths. The doctor examines the patient and finds nothing seriously the matter with him, only a little general debility, and he orders him out of town for a change of air. The patient objects, as he cannot spare the time. The doctor then prescribes a few cold baths—remarks that they are bracing, and “will put him right.” If a bath is not directly on his way home, he goes to the nearest and asks for a cold bath, feeling at the same time a little dread and a good deal of doubt whether it will be the right thing for him. While the bath is filling with cold water, he

watches it running in, and feels a slight shiver come over him. The bath is ready, the water being about sixteen inches deep, and the attendant hands him two small towels and leaves him to manage just as he best can. When he finds himself alone he first fastens the door, after which he takes another look at the water, surveying it with almost as much horror and disgust as if afflicted with hydrophobia. He puts his hand in, and feels a shuddering chill creep over him. By this time he is very much disposed to abandon it, but resolving not to be cowardly, he takes off his clothes very reluctantly, and at last stands prepared for the desperate plunge; he takes another look at the water, at which the more he looks the less he likes, and wishes it was over. As a beginning, he just dips one foot in, but takes it out again much quicker than he put it in; he then takes another walk round the room, by which time he is thoroughly chilled, and in a very improper state for any bath, especially a cold one. At length he makes another desperate effort, and this time, he succeeds. The coldness of the water is evidenced by a terrific grin, and he does not consider the next course, but jumps out as quick as lightning, and is much astonished that he found courage to get in at all. No explanation is required to show that such a mode of taking a cold bath is not merely devoid of all benefit, but must inflict a positive injury, and in some cases, one of a serious character.

DIRECTIONS.—This bath may be taken either in a

slipper or an ordinary lounge bath, the water to be six inches deep, and two rough towels provided. It is best to undress quickly, and thus avoid any chill: as soon as this is done, and before getting into the bath, seize one of the towels, dip it in the water, and bathe the head well, and rub the chest and arms briskly. Then step into the bath, rub the legs and the body vigorously, occasionally raising the towel full of water, and apply it to the head; the moment the bather sits down, the attendant should perform a similar operation on the back. This brisk rubbing on the front, sides, and back, should be kept up during the time of remaining in,—which may be from two to ten minutes, according to the nature of the case. On quitting the bath, a large-sized rough sheet should be ready to dry with. After taking the bath in this manner, the skin is quite red, being charged with blood, and a conscious feeling of renovated strength is directly experienced. It may as well be mentioned, for general guidance, that a brisk walk of twenty minutes or half-an-hour, should invariably be taken after all cold baths, and if this cannot be done, an equal amount of other exercise should be substituted. In cases where the temperature is raised to about 75 degrees there is not the same need of exercise, as that temperature does not materially affect the circulation of the blood, nor chill the body to any appreciable extent. Innumerable cases have occurred wherein severe colds have been taken during the cold shower or sponge bath, by persons

occupying twenty minutes or more in dressing and shaving afterwards ; and then going down to the breakfast-room shivering with cold : others also have been known to mount the omnibuses, and ride to the city, immediately after the bath ;—more dangerous and destructive practices can scarcely be conceived, and even the strongest cannot escape with impunity. In such cases, the blame is commonly laid on the bath ; the usual remark being, that the cold shower did not agree, &c. &c., It would be marvellous indeed if it did, under such gross neglect of proper treatment. Had the bather quitted his bed half-an-hour earlier, there would have been sufficient time for a brisk walk, which would have repaid this healthful precaution with compound interest, and instead of taking cold, and laying the foundation of a serious indisposition, he would have acquired a considerable increase of health and strength.

THE DRIPPING SHEET.

If the Douche is one of the most powerful of the baths, the Dripping Sheet is one of the mildest and most useful. It is an invaluable bath to commence the treatment with, in cases of extreme weakness, and of excessive dryness of the skin, when it has become bloodless, and has lost its vitality. I never yet met with a case too weak or delicate for the Dripping Sheet, although its power can be largely increased. When it

is intended to be given with its full strength, a very thick, heavy sheet is used, which will retain a large quantity of water; and when it is not intended to be given strong, a light sheet is used, and may be partially wrung, to make it still weaker. Some persons use tepid water, but this practice is not to be recommended, as the tonic and stimulating properties of cold do not appertain to tepid water. It is, therefore, preferable to use a hot Dripping Sheet to a tepid one. The hot water for the drip should be from a 120 to 125 degrees: this, followed by a cold sheet, has a stimulating effect upon the liver, and will no doubt prove very useful when its peculiar action becomes more generally known. The best mode of giving the Dripping Sheet is for the patient to stand in a shallow bath: where one is not available, a sitz bath will answer the purpose. Having immersed the sheet in a pail of water, let the patient bend a little forward, and then throw the sheet right over him, from behind. Always take the precaution to wet the head and chest previously, with the hand. The attendant must then rub vigorously over the back, and the patient must do the same in front, with the loose parts of the sheet. A strong robust person, whose reactive power is good, may have the sheet immersed a second time, if he finds one application not sufficient. Afterwards dry well with a rough sheet. The Dripping Sheet is of great service in removing fatigue, after strong physical exercise, such as cricket-playing, horse-riding,

long pedestrian rambles, &c. Its effects are electric, tonic, and stimulating.

THE SITZ BATH

Is very similar to an ordinary hip-bath, but somewhat deeper, being about thirteen inches, the object being to immerse a greater portion of the body in the water. This bath is largely used in the hydropathic establishments, as its effects can be very much raised by the length of time it is used, and by changing the temperature of the water. When it is intended as a tonic, it may be taken from five to twelve minutes; as a stimulant, from twelve to twenty; and as a *derivative*, from twenty to forty minutes. The long sitz lowers the pulse very much, and therefore must not be used indiscriminately, as during one half-hour the pulse may be reduced from 76 to 50. This bath being of such a simple nature and easily available, would render great service to medical men if they would acquaint themselves with its properties. For piles, weakness of the genital organs and kidneys, and the small of the back, there is no bath equal to it. In these cases it should not be applied more than ten minutes. For those who have weak bowels, the sitz and the shallow bath are beyond all appreciation, from their extraordinary efficacy.

In any private house where there is no lounge bath fixed, a Sitz ought to be procured. It could be used not only as a Sitz, but for a wash-down, or a dripping-sheet

might be given in it. For the purpose of a sponge-bath it is far superior to the tin dishes commonly used, and when properly shaped does not occupy half as much space; it is easily carried from one room to another, and is far before those unwieldy, cumbersome tanks used as hip baths.

THE RUNNING SITZ BATH.

The only difference between this bath and the preceding one is, that it must always be a fixture, as the water pipes are affixed, which allow of a constant flow of cold water in and out the bath. Its effects are more powerfully tonic than those of the ordinary sitz bath.

THE COLD FOOT BATH

Is only used in the course of hydropathic treatment, though its effects are certain, in restoring natural warmth to cold feet, and drawing blood from the head. It would, however, be highly injudicious to apply it for either purpose, without taking a course of general treatment at the same time, for should the circulation of the blood be unhealthy, and the fluids impure, it might engender mischief, by producing too much local action. The same rule of action applies also to the sitz bath and the wet compress.

DIRECTIONS.—The ordinary foot bath may be taken with water one inch deep, rubbing one foot against, and over, the other whilst in the water, to produce reaction.

In cases of robust constitutions, four inches depth of water may be used. This bath is given from five to fifteen minutes, according to circumstances, and afterwards the feet should be briskly dried with rough towels, so as to excite warmth.

THE CAN OR PAIL-DOUCHE

Was first used by Dr. Edward Johnson, and is very good so far as it tends to keep up the general treatment, being a variation to the other applications. It cannot easily be applied in private houses on account of the splashing of the water, but when it can be well given, it has a good effect, being highly electric.

DIRECTIONS.—This bath should consist of from two to four pails of water, The first pail-full to be dashed on front, and the second on the back, and two more on either side, as the bather turns round.

THE COLD SHOWER BATH.

This bath is so familiar to most of my readers as to render a particular description superfluous. It has, however, been very much decried and calumniated: its opponents alleging that in such cases where a determination of blood to the head exists, it has a strong tendency to aggravate the evil. This idea has been strongly advocated by many principals of hydropathic establishments, and its use has been, in many instances, totally discarded. This opinion however well meant,

is totally fallacious, and is rather the result of excessive caution than of actual observation and experience; indeed, the same objection might be raised against any other form of bath, in such cases. Long experience and continued trial have convinced me that its use is highly beneficial, and cannot be injurious except when mismanaged, or improperly administered, as it has been in a few rare and extreme cases, in which the prohibitory character was well indicated by the symptoms of the patient. It is a very convenient bath, occupying but little space, and in many households where that is an object, it is invaluable, as it will stand in a small recess in a bed-room, which cannot otherwise be used. Another material advantage is, that it dispenses with the services of an attendant, which the shallow bath does not. The effect produced by the concussion of the water falling on the body is highly beneficial, and productive of healthful reaction.

DIRECTIONS.—Before pulling the cord, elevate the head, so that the water may descend on the face and forehead in the first instance; then pull the cord gently and gradually, so as not to allow too much water to descend—release the cord and commence rubbing. Then incline the head forward, so that water may fall almost exclusively on the back, and as slightly as possibly on the back of the head. After this, another brisk rub should follow, then precipitate more water on the chest and stomach, then dry briskly with towels—and the

bath is completed. If care be taken, and these directions complied with, the shower bath will be divested of all its imaginary terrors, and prove, in every respect, highly agreeable and healthful—the consideration being, not to expose the upper and hinder portion of the head to the concussive force of the water. Indeed it is almost annihilating to stand perfectly upright, and to take the full force of the falling water during the whole time on the head,—but an opposite evil, tending to the other extreme, should likewise be guarded against, which is the diminution of the size of the holes, of the height of the fall, and of the quantity of water to be precipitated. This has been done in many of the bathing establishments in Manchester, to such a degree, that the sensation of the falling water rather resembles that caused by a legion of minute insects traversing the skin—produces no reaction, and instead of a reviving and exhilarating effect on the nerves, only engenders irritation and derangement. Improper administration and mal-construction are, therefore, the sole causes of the misconception and prejudice entertained against this useful and invaluable bath.

THE RAIN BATH.

This bath, though of recent invention, is now, on account of its most extraordinary power, very generally used in hydropathic treatment. In general appearance, it resembles a fixed shower bath,—which can be con-

veniently combined with it. It may be made either square or round, (the latter form is, in many respects, preferable) with an opening to admit the bather. The inside of the bath, to the height of five feet, is surrounded by successive tiers of pipes, about two inches apart: each of these pipes is pierced with innumerable small holes, from each of which a very fine jet of water is projected horizontally on the body of the bather. A peculiar apparatus of pipes and taps is attached to this bath, so that hot water gradually diminishing to a tepid temperature, and that in turn diminishing to intensely cold, can be applied at pleasure, whilst the quantity of water can be regulated with the greatest nicety, and at the same time the shower bath above can be simultaneously brought into operation, and its water also subject to the same gradations of heat and cold.

In its action, the Rain Bath is highly electric, and is invaluable in neuralgia, nervous affections, debility, sciatica, paralysis, spinal weakness, hysteria, &c.

This bath is the ordinary cold application after the Turkish Bath, but as it is so nearly allied to the shower bath in its character, it has been deemed advisable to class it here.

THE SPONGE-BATH

Can be taken either in a hip or sitz bath, in a tub, or any vessel large enough to stand in, and receive the falling water. Most ironmongers sell a very convenient

bath for this purpose, and a very improved one is called the "Victoria Regia Sponge-Bath." It is about three feet wide, by seven inches deep, and has the edge inverted, like the flower from which it is named, so that the domestic who empties it cannot spill the water in bed-rooms;—and this form is additionally recommended by its strength, lightness, durability, and elegant appearance. Another form is made of Macintosh fabric, which can be inflated by air, and will collapse by its expulsion; when inflated it resembles a washing tub—this is easily packed, very portable, and is especially convenient for travellers, tourists, military and sea-faring men.

It may be observed with respect to the sponge, it is almost impossible to procure one too large—the larger and more copious the ablution the better. This form of bath is largely employed by the humbler classes, many of whom use a coarse towel, or a piece of thick, porous cloth, in place of the sponge—and if there be any of my readers who are strangers to the regular and constant practice of a morning ablution from head to foot, and its wholesome and invigorating effects, let me earnestly request that they will cultivate habits of personal cleanliness, health, self-respect, and cheerfulness, by an immediate commencement of this necessary and invigorating practice.

DIRECTIONS.—Immerse the sponge or towel in water—then kneel down, holding the head over the bath or vessel, and ply the head abundantly with water; then

the neck, arms, and chest. Then sit down in the water, and rub the stomach and abdomen, well up to the arm-pits. Take the towel by each end and draw it briskly round the back, and alternately over each shoulder. Next stand up in the water, and perform the same operation on the legs and feet. After stepping out, wring the towel well, and give the whole body a smart rub-down, so as to induce a quick reaction. When staying at hotels and other places where a methodical sponge-bath cannot be had, it should always be remembered, that there is no better friction than that of a briskly applied damp towel, which will be found very refreshing and recreative.

THE WET BANDAGE OR COMPRESS.

It is very much to be regretted that the incalculable efficacy of this form of hydropathic application is not better known and appreciated. There are very few ailments or domestic casualties in which it cannot be applied, affording either a speedy cure, or almost instantaneous relief, and its timely application will often save a world of trouble, suffering, and expense. It is, in fact, a local application of the wet sheet pack—or a miniature wet sheet. It will assist digestion, quicken the action of the liver, and open the bowels. A broad compress will produce all these effects, but when it is specially intended for the relief of the bowels, it is to be placed directly on the abdomen. Two or three

applications, on successive nights, will generally suffice to create a healthy action, without any risk of a return of constipation, the invariable and natural consequence of the administration of purgatives. If mothers were but aware of the soothing and balmy powers contained in a piece of wet rag, they would avoid a world of agony and sleepless nights both to themselves and their offspring—for the skin of infants and children being particularly delicate, they are more keenly susceptible of the influence of the water-treatment than adults. Innumerable instances have come under my observation where infants, when racked with violent pain, after the application of the compress, have gone to sleep in a few minutes.

From the period of the introduction of the Water Cure, by Preissnitz, the wet compress has been classified as the *heating* and *cooling* bandage, but this designation does not adequately express the qualities of the compress of the present day, with the addition of the outer water-proof covering, by which the heating properties of the bandage are considerably augmented; and its utility and extent of application are greatly enhanced. It ought now to be classified in three varieties, as the *heating*, the *soothing*, and the *cooling*; and to save subsequent repetitions they will be now properly defined and described:—

THE SOOTHING BANDAGE

Is most generally known and the easiest to manage

by the uninitiated, is a long piece of cloth, like a roller-towel, but without the ends united. It should be at least seven feet long, and ten or twelve inches broad, with strings attached, long enough to go round the body, and to keep it in its proper position. Wet as much of it as will reach across the front of the body, from hip to hip—or if it be intended to apply to the back, at the same time, then wet as much as will go entirely round the body. Wring all the water well out of it, and in wrapping it round the body, keep it as straight and even as possible, and let it be tight enough to feel comfortable, and nothing more.

THE HEATING BANDAGE.

This is constituted by placing immediately over the wet portion, or first layer of the bandage, a piece of Macintosh fabric, oiled skin, or sheet gutta percha; and then placing two dry coverings over the waterproof material.

THE COOLING BANDAGE.

This, chiefly used for scalds, &c., is simply a wet cloth repeatedly moistened without being taken off, and without any dry covering whatever.

THE SULPHUR BATH.

This ought never to be taken (except in one disease—the itch) without a special order from a medical man.

It is exceedingly powerful in its action, and in some cases, noxious. It is chiefly prescribed for cutaneous or skin diseases, secondary symptoms, scurvy, &c. In these diseases its wonderful powers are strikingly displayed. Old standing cases of scurvy cannot be so effectually removed by any other means. Many very remarkable instances have come under my own observation, which for rapidity and effect have excited the mutual astonishment both of the patients and myself; after four or five baths, which have not only cleared away the old coating of scurf, but completely expelled the diseased matter and humour in the blood, by which this offensive eruption is generated. Many cases of this complaint, of twenty and thirty years standing, have been gradually cured in two months with the Sulphur Bath. Another loathsome and annoying complaint—the itch, is effectually removed by these baths, but the linen should never be put on till it has been washed, and the clothes fumigated. This is the only affection in which this bath may be taken without previously consulting a medical man.

The greatest care and judgment is requisite in the administration of this bath. Instances have come to my knowledge where its administration has been entrusted to boys, and in their laudable anxiety to *do it effectually*, have nearly *done* the patient to death.

There is a kindred series of baths to the sulphur bath, termed the ALKALINE BATHS. They are of great

service in some particular cases of skin disease, in which other baths are devoid of effect. As the same results could not be obtained without a long and tedious course of Hydropathic treatment, they are then resorted to, the alkalies, of course, having to be specially prepared for each particular case.

THE BRAN BATH.

This bath is largely used in France and Germany, and is very soothing and efficacious in various affections, and in some kinds of skin diseases.

DIRECTIONS.—Take three pounds of bran, tie it up in a coarse canvas or linen bag, put it into a bucket of boiling water, press it well with a stick for about three or four minutes, then put the whole into a lounge bath (the bag with the bran in it) heated to a temperature of 98°, and it is then ready for use.

THE ENEMA BATH.

As the Enema Bath is a very important, and in some cases, an invaluable application, some notice of it here may be desirable.

Various kinds of Enema apparatus, with or without the cistern attached, are sold by the chemists, and the surgical-instrument vendors. These are generally highly finished, elaborately made instruments, and are somewhat expensive. A very cheap and effective Enema is now made of india-rubber, which is equally as effective.

This may be had at most of the Macintosh establishments in great variety of form and size. No family or individual should be without one; but great care should be taken in its use, never to have recourse to it except when really required, or it may convert a decided benefit into a positive injury.

For the use of patients in extreme and peculiar cases, a deep longitudinal earthenware vessel, conveniently mounted in mahogany framework, is made and supplied by cabinet makers. It is surmounted by a cover, so that it appears a becoming, as well as a convenient and useful appendage in the bed-room of an invalid.

Many chemists may prepare and vend medicated injection-fluids, which are frequently injurious, and at all times exceedingly questionable in their composition and tendency. Chemical research, however, for this specific purpose, has failed to discover a fluid so pure and innocuous as water, which will always be found sufficiently efficacious and depurative.

When the bowels are constipated and dry, the Enema may be taken with great advantage. In commencing its use, the water should be tepid, and at each successive application, it should be reduced in temperature until quite cold, as it will give to the bowels more tone and power, and enable them to resume their functions in a healthy manner. Half a gill of water should be injected at each operation, and if the bowels be not freely opened, then the course may

be resumed in an hour, and may be continued every hour until the result be satisfactory. When the water is entirely injected, the operator should immediately desist, the subsequent injection will occasion uneasiness and pain.

Washing the stomach freely with cold water immediately on getting out of bed, drinking gradually one or two tumblers of water; and half an hour's brisk walk before breakfast will materially assist in exciting easy motions, and contribute to restore their healthy regularity.

The relief which the use of the Enema has afforded in cases of constipation, has caused many unreflecting enthusiasts to use it regularly, and in consequence, with many, especially those advanced in life, its use has become such an inveterate habit that a motion cannot be obtained without it. Hence, such excess produces the very disease which it was designed to remove.

In cases of simple bowel-complaint and excessive purging it may be used almost every hour, until abated—and many incipient attacks of this disorder have been effectually averted by the timely use of this apparatus.

THE SWEATING PROCESS, THE SPIRIT, OR INDIAN BATH.

This bath is variously styled as above, and it was formerly much in vogue in hydropathic establishments, though it is now in some quite discarded, being superseded by

the Vapour and Turkish Baths—either of which will produce the same results, as regards exciting perspiration, and the excretory action of the skin, reducing inflammation, affording general relief to the system, &c. Whilst the spirit bath is weakening, the Vapour and Turkish Bath do not weaken the system, and are not violent in their action. This bath was introduced into India from the English hydropathic establishments, and thence re-imported into England and America, under the name of the Indian Bath. Mr. Rarey, the celebrated horse-tamer, has detailed it in his work on “Horse-taming,” and has recommended it to fox-hunters and sportsmen, as a restorative after falls and contusions, and excessive fatigue. Mr. Rarey only recommends its occasional use, from its weakening effects—and in which he is quite correct. As it may be of service to some of my readers who reside at remote parts of the country, and who may desire to avail themselves of it on emergencies, a description of the mode of applying it may prove of service.

Take a high wooden-seated kitchen chair, and if it can be steadily placed on four bricks or blocks of wood, to make it higher, so much the better. On the seat, place some thick cloths or towels, folded-up, to prevent it becoming too hot. Then take a small tea-cup or galley pot, about two and a half inches in diameter, filled with spirit of wine—or a spirit lamp, (which is manufactured and sold for the purpose) or if

these be wanting, twelve of "Child's Night Lights" will answer the purpose. Select four large and heavy blankets, fold them double, let the patient be seated, place one round the front, another round the back, and the other two round either side. This should be so done as to effectually envelope the patient in a complete tent-like covering, and to exclude the external air. Then light the lamp or the vessel containing the spirits of wine. The heat and fumes of the lamp, with the thick covering blanket, will cause the perspiration to exude in torrents. The after practice is to envelope the patient in fresh warm blankets, turn him into bed immediately, to sleep at once—but a brisk rub-down, and cold sponge bath will be a grateful and healthful addition, and if half an hour's brisk walk be taken, on some occasions the desire or necessity for immediate repose may be superseded.

Mr. Rarey states that the patient should have his head enveloped in one of the blankets—but this is an error, as it would excite determination of blood there.

A square framework of wood, about a foot high, for the chair to be placed on, and having an aperture to put the lamp in, would be found very convenient. This would admit the lamp being placed sufficiently below the chair to prevent the seat becoming disagreeably hot, it also ensures the feet being better acted upon, and allows the blankets to be well tucked in at the base.

Too much caution in the sparing use of this bath, however, cannot be observed.

edition, edited by Dr. Barter, in a cheap form, has been recently published. A perusal of this excellent work will gratify every reader; in fact, ever since its appearance, Turkish Baths have been erected in every large provincial town, and to this feature, strange as it may appear, the metropolis, at present, is the only exception.

The processes of the Turkish Bath may be thus defined.

1st.—The “seasoning” or acclimatizing process.

2nd.—The heating or bathing process.

3rd.—The manipulation of the muscles and the peeling of skin or epidermis.

4th.—The cleansing process, which is effected by the united action of the rain bath, and its gradual transition from heat to cold, and by a brisk soaping whilst in it.

5th.—The bed of repose and the dry sheet, during which the open air is freely admitted, that the skin may absorb its oxygen, and induce the peculiarly delightful sensations hereafter described.

Three chambers are necessary for these processes.

The first, usually called by the Turks the “DIVAN” (the apodyterium, conclave, or spohatorium of the Romans) is now fashionably termed the “FRIGIDARIUM.” It is furnished with couches and other conveniences for undressing, and it is here the bather returns at the conclusion of the bath, to enjoy that delicious repose, which only those who have experienced it, can understand.

The next or middle chamber, is (and was also by the Romans) termed the "TEPIDARIUM;" this is furnished with marble slabs and mattresses. It is heated from 100° to 110°. The bather reclines here until such time as perspiration is gradually but fully induced. This is the "seasoning" or acclimatizing process, preparatory to entering—

The third chamber or "CALEDARIUM" (the sudatorium or laconicum of the Romans). This is furnished with wooden couches and is heated from 140° to 150°. This chamber is most freely supplied with a large and continuous current of fresh heated air from the apparatus below, and by its ingress and volume constantly expels the vitiated air, and all exhalations from the body, through the ventilator above. The air being also dry and pure, no inconvenience is felt in respiration, even by the most delicate. In this lies the difference between the IMPROVED and the "real Turkish bath," in which a large amount of visible vapour is always present, and which in such cases renders it inapplicable as a curative agent. This is now effectually obviated by the IMPROVED BATH.

Under the increased temperature the skin is brought into full action, and therefore no material rise is observable in the pulse. In this chamber the patient is subject to the process of shampooing, or muscular manipulation, and peeling or straining the skin, which is highly invigorating, and materially assists in removing

impurities from the pores or capillaries, whilst it calls into activity sinews and muscles that remain inert in many persons during the greater part of existence, to the obvious detriment of the capillaries, and the corresponding enfeeblement of the animal functions. During this passive perspiration, one or two tumblers of cold water may be taken with great advantage.

Contiguous to this chamber, in the Roman Bath were recesses supplied with hot and cold water fountains (called the *lavarium tepidarium* or *cella media*) but which are infinitely surpassed by the modern "RAIN BATH" previously described at page 55. Here, water is applied warm and gradually, and by almost imperceptible degrees turning to cold,—or to such a point of lowered temperature most agreeable to the requirements of each individual. Here, the cooling, refreshing, and cleansing process takes place, soap being occasionally used, when necessary or desirable. The bather returns for a few moments into the dry air of the heated chamber, to ensure a perfect reaction, and is then conducted back at once to the divan and the atmospheric air, where on couches previously described, and partly enveloped in a sheet (and occasionally with the addition of a blanket,) he enjoys that inexpressible luxuriousness, tranquillity, and bland repose, never before experienced.

This description of the application of the Turkish Bath is principally taken, with a little alteration and addition, from a very excellent lecture on the subject by

MR. Bramish, Esq., F.R.S., who thus detailed his experience of its effects :—

“ Indeed, from this part of the process (the reclining in the dry sheet) which I would term the tonic stage, I have always received the highest amount of physical gratification ; and when, after twenty or thirty minutes, I have again resumed my clothes, it was with an elasticity of body and mind utterly transcending my power of description. This exhilaration, I believe to be not only from the relief which is given to the system, from the cleansing of the pores of the skin, but from the rapid absorption of oxygen from the atmosphere to which the body is so freely exposed, and for which it is so well prepared. In thus favouring a more rapid change of tissue, effete matter is more readily eliminated from the system, and more healthful secretions are promoted, than under any other condition. The time usually occupied in the bath is from two to three hours, and a more social time I have seldom passed.”

The following graphic extract from Mr. Urquhart's work, though somewhat imaginative, is beautifully descriptive of the delightful and almost ecstatic sensations consequent on taking the Turkish Bath :—

“ The body comes forth shining like alabaster ; fragrant as the cistus, sleek as satin, and soft as velvet ; the very touch of your own skin is electric. Buffon has a wonderful description of Adam's delight and surprise on the first touch of himself. It is the description of

the human sense when the body is brought back to its state of purity. The body thus renewed, the spirit wanders abroad, and resuming its tenement rejoices to find it clean and tranquil. There is an intoxication or dream that lifts you out of the flesh, and yet a sense of life and consciousness that spreads through every member—each breath of air seeming to pass not to the heart, but to the brain, and to quench, not the pulsations of the one, but the fancies of the other. That exaltation which requires the slumber of the senses—that voidness of sense which drowns the visions of the spirit, are simultaneously in calm and unspeakable luxury—you condense the pleasures of many scenes, and enjoy in one hour, the existence of years.”

“But this, too, will pass—the vision fades—the speed of the blood slackens, the breath of the pores is checked, the crispness of the skin returns, the fountains of strength are re-opened; you seek again the world and its toils; and he who experiences these effects for the first time, exclaims with joy and astonishment, ‘I am a new man!—I feel as if I could leap over the moon!’”

In order to produce the beneficial results and the delightful sensations consequent on this bath, particular attention must be paid to its construction and management. It will be perceived from the preceding details, that hot air is the principal essential, and it is of the utmost consequence that it should be transmitted to the bath in a state of the highest purity, and in every way

undeteriorated by the process of heating. The somewhat sudden introduction of the Turkish Bath to the public in England, occasioned the immediate construction of ill-devised apparatus for the purpose. To ensure the purity of the heated air, it must not come in contact with fire, or otherwise the oxygen or vivifying gas will be consumed in combustion, and the air inhaled in the bath will be divested of its vital component, oxygen, and thus become highly injurious, sometimes leading to serious consequences. Another evil to be guarded against is, that if the air be heated by metallic surfaces, arrangements should be made to ensure its rapid transmission, otherwise, it will become decomposed—and instead of a continuous and ample volume of pure warm air being supplied to the bath, it will be filled with nothing but a vitiated atmosphere of carbonic acid gas, highly deleterious and destructive of vital energy. It should be borne in mind, that as in vapour and water baths, the oxygen of the water is absorbed by the skin, so also, in the Turkish Bath, the atmospheric oxygen is likewise absorbed by the skin, and inhaled by the lungs. From these remarks it will be perceived that the necessity of pure air in the Turkish Bath is of primary and vital importance. There are hundreds who have taken the Turkish Bath, yet from its defective or improper construction have been deeply disappointed with its results—sick head aches, nervousness, depression, &c., being, in fact, half poisoned in it; and as no con-

stitution can endure this with impunity—a mistaken and prejudicial opinion against the Turkish Bath prevails, entirely resulting from the imperfect understanding of its nature and management. To obviate these evil consequences, Mr. Smith, of Sheffield, who has devoted long and particular attention to the subject, has devised an apparatus for supplying this bath with hot air, which is infinitely superior to any other yet constructed in England, and when it is considered that he has not availed himself of the suggestions of any scientific authority, the greater credit is due to him for his admirable contrivance. I embrace this opportunity of thanking him for his kindness in showing me the whole of his apparatus, and for the efficient manner in which it operates in my establishment, and realizes the most sanguine anticipations which bathers and patients could desire.

The errors with regard to the Turkish Bath in England are not confined to the defective hot air apparatus, but the mode of their application has been generally unsuitable to our climate. The practice of going into the hot test room, after taking a cold shallow, shower, or douche bath, is totally at variance with all theory and practice, and cannot be too strongly condemned. The perspiration in the Turkish, as also in the vapour bath, ought to be excited very gently and gradually; and after perspiring sufficiently, the patient ought to be shampooed and douched, and not return to the hot air room again,

except, in some peculiar and exceptional instances. If the bath be taken in this way, there will not be the same need of lounging so long after it, which is done to allow the body to resume its natural temperature, with the additional advantages that the bath can be taken in much less time, with better and more certain effect. Another error, of frequent occurrence, is staying in the hot-air room too long, and relaxing the system too much. Many are injured from this cause, and some to a serious extent; and patients should, in taking the Turkish Bath, never exceed thirty to forty minutes in the hot air chamber, nor even so long, should the sensations of the patient become in any way oppressive or disagreeable. When a determination of blood to the head exists, or where the bather is a person of full habit, it is desirable to place a wet cloth across the fore head, and renew it occasionally whilst in the hot-air chamber. It should be applied either on entering or in five or ten minutes afterwards, according to circumstances.

A barbaric addition has been made in some establishments, of using, in connection with soap, horse-hair gloves. This is done as a substitute for the shampooing process, by persons who do not understand, or who are too lazy to cultivate it. The result is, that due regard to muscular energy is neglected on the one hand, and on the other, that excessive irritation is produced, which seriously interferes with the healthy action of the skin, destroying its alabaster-like fineness, and impairing its

power to absorb the oxygen of the atmosphere—and converts a really delightful bath into a bungling and clumsy operation.

The idea, which is sometimes entertained, that the Turkish Bath is debilitating and enervating, is utterly fallacious. The attendants, who are incessantly exposed in it from morning to night, day by day, month by month, and year by year, declare that they have experienced no loss of strength, energy, and stamina whatever, but that, on the contrary, they have materially increased these qualifications. The shampooers of the baths in Turkey, are well known to protract their existence to a ripe old age, and Mr. Urquhart informs us that the most skilful shampooer he tried there was a man upwards of ninety years old, who had followed this calling the greater part of his life.

There is scarcely any disease in which this bath, combined with other hydropathic applications, will not confer incalculable benefit at all times; but for intense enjoyment, the most favourable period of the year is that embraced by the *winter months*, and its curative powers are then proportionably transcendant.

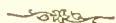
Having now described the principal baths incidental to Hydropathic establishments, and those which can be applied to domestic purposes, I trust that my readers, before applying or commencing the construction of any

of them, will pay particular attention to the preceding directions, which have been made as clearly and explicitly as possible. Perhaps some of the details may at first sight appear unnecessarily minute and particular, but the subsequent experience of my readers will lead them to acquit me of any excess or irrelevancy in this respect.



OBSERVATIONS

ON THE CAUSES OF DISEASE.



Before discussing particular diseases which may be treated hydropathically, and with far more advantage and economy than by any other system, it may be well to allude to the proximate causes of disease that admit of easy removal. These are chiefly the agreeable and habitual, but pernicious, use of intoxicating drinks, both moderate and excessive; the baneful practice of smoking, keeping late hours, eating heavy suppers, overloading the stomach, vicious habits, immoderate sexual indulgence, &c. &c.

If we are to enjoy life—to make it subservient to the pursuit of rational pleasure, and for the conjoint benefit of ourselves, our offspring, and society, why not consult and obey the conditions of life, by avoiding all pernicious habits and excessive indulgence? The time is fast approaching when the good sense and intelligence of the English people will inform them that the alcoholic liquors they swallow are purposely drugged, and other-

wise adulterated, to please the palate and increase their stupefying tendency. The mischievous consequences of this are deep-rooted disease of the digestive organs, liver, heart, brain, and stomach, and instead of stimulants we have nothing but maddening and demoralizing stupefants, which are hourly quaffed to the honour of the most destructive of all demons, whose temples blaze at every street-corner; and whose ghastly mausoleums of living death are the prisons, pauper and mad-houses, which everywhere stud the surface of the country! When the impossibility of obtaining any than drugged compounds in the stimulants is considered, what marvel that habitual impregnation of the system with such foreign and deadly matter should continuously afflict the present generation, and hereditarily transmit to posterity, nearly all "the ills that flesh is heir to," and be awfully consummated in lingering disease, premature decay and an agonizing death!

Not less deadly, too, is the pernicious habit of smoking. By it, the essential oil of tobacco, itself a deadly poison, and also another, the empyreumatic oil, becomes lodged in the body. These destroy the nervous system, lower the vital tone, derange the liver, weaken the powers of digestion, and are the fruitful causes of impaired vision, depraved hearing and taste; and in connection with alcoholic stimulants are the principal criginators and certain promoters of apoplexy, paralysis, heart, and brain disease.

In order to show how necessary preeautionary measures are for the maintenanee of health, and how destructive on the system are the inroads of alcohol, and how deplorably vain is the sophistry of the few medieal men, who strive to vindicate and perpetuate its baneful (but to them, profitable) effects, as an "agreeable and harmless" habit—I will quote the following very interesting and valuable case which occurred to Dr. Beaumont, an American physieian. A young Canadian, eighteen years of age, was accidentally shot; the mnzzle of the gun being about a yard from his left side, the charge of duek shot entered in an oblique direetion, forward and inward, literally blowing off the integuments and muscles to the size of a man's hand, fracturing and carrying away half of the sixth rib, &c., and perforated the stomae h. Being in perfect health at the time of the accident, and judieiously treated, he got well, but with an opening in the stomach large enough to admit the whole length of the middle finger into the cavity. Dr. Beaumont kept him above two years, at considerable expence, to make experiments, and to *see* how digestion was performed, and what ehanges took plaee in the stomach under different eireumstanees. Tho details are, of eourse, long; they can be found in Dr. Andrew Combe's exeellent work on "The Physiology of Digestion," or Dr. Beaumont's work. Dr. Combe, diseussing Dr. Beaumont's experiments, says, "The gastric seeretion, and the appearance of the villous coat of the

stomach, undergo great modifications during disease, and on this subject also Dr. Beaumont's observations are highly valuable ; because, instead of merely inferring, as others are obliged to do, he enjoyed the privilege of *seeing* with his eyes what was actually going on. In the course of his attendance on St. Martin, he found that, whenever a *feverish* state was induced, whether from obstructed perspiration, from undue excitement by *stimulating liquors*, from *overloading* the stomach, or from fear, ANGER, or other mental emotions, depressing or disturbing the nervous system, *the villous coat became sometimes red and dry, and at other times pale and moist, and lost altogether its smooth and healthy appearance.* As a necessary consequence, the usual secretions became vitiated, impaired, or entirely suppressed ; and the follicles from which, in health, the mucous which protects the tender surface of the villous coat is poured out, became flat and flaccid, and no longer yielded their usual bland secretion. The nervous and vascular papillæ thus deprived of their defensive shield, were then subjected to undue irritation. When these diseased appearances were considerable, the system sympathised ; and dryness of the mouth, thirst, quickened pulse, and other symptoms shewed themselves, *and no gastric juice could be procured or extracted, even on application of the usual stimulus of food.*" This is the internal state in which people often fall low in spirits, &c., inclined to take brandy and other stimulants, and in which all kinds

of drugs and incongruous mixtures are given. How different are the soothing and restorative effects of water in such a state !

That we may appreciate the true force of these instructive evidences in the case of St. Martin, let us suppose our bodies to be *transparent*, and that we could discern visibly the injurious effects of alcohol, even in minute quantities, and of intemperance in the quantity and quality of food, how careful should we be in tampering with our stomachs, and how soon would the demon of alcohol be banished from our homes and our country, instead of being permitted to envelope it, as at present, in "one fiery and blasting tide of ruin !"

The prevalent habits of intemperance in eating and drinking, and the practice of smoking, are the principal causes of disease,—the minor causes are the restrictions of a highly artificial mode of life, as practised by the upper classes, and particularly by females. Neglect of early rising and bathing—neglect of exercise in the open air *daily* (for two hours' exercise in the open air is absolutely necessary to every one;) and neglect of proper clothing, to follow the caprices of fashion, attending places of amusement and neglecting to provide for the sudden transition from heat to cold; late hours; all these causes take a frightful discount from the term of natural life.

A fruitful cause of disease is the neglect of healthful precaution during infancy and childhood. Insufficient

injudicious clothing, improper food, exposure to cold and wet, want of early open-air exercise, being trained in densely-packed and ill-ventilated schools, and other evils of similar nature, lay the foundations of many deadly diseases in the system.

It may be alleged that these observations are too particular, and would engender too large an amount of care, industry, and self-denial to fulfil them. Let the experiment be tried, and then contrast the economy of personal and sanitary attention to the cultivation of life—and its answer will be found in improving health, strength, temper, domestic and personal comfort, and a thriving exchequer.

We have agricultural shows all over the country, held annually. Occasionally quadrupeds are displayed which have been fed to a distressing state of obesity—but others are exhibited for symmetry and strength. If other than natural inducements were offered for the physical cultivation of the human species, and if it were promoted to an equal extent as that of the quadrupeds, what a revolution we should have of our present mode of artificial and enervating existence!

The master-habit and master-rule, however, for the foundation and encouragement of robust health is that of early rising, early bathing, and an immediate walk afterwards. The expansion of the chest and lungs, the inhaling of the delicious free, fresh air (which early in the morning always yields the greatest amount

of oxygen), awakens with energy all the vital functions, and generally ensures serenity, cheerfulness, and energy throughout the entire day.

The practice of early rising, and other regular attentions cultivated in childhood, will become a permanent and pleasant habit in all after life; and not an irksome and disagreeable duty, in which light it is fashionably regarded; and adults who have neglected it, either from indolence or apathy, will find it a more genial and less difficult practice than they anticipate. Nor are its benefits limited to mere physical health—that of the mind improves proportionably; judgment and equanimity assert their reign; and the habit of early rising may truly be said indirectly to exercise a mighty influence in the formation of character, and in the attainment of all enjoyment, moral and physical, temporal and eternal.



DISEASES, AFFECTIONS,
CASUALTIES,
AND
THEIR TREATMENT.

The most common affection to which man in a civilized state is subject, and the most incipient of all, is—

INDIGESTION.

Heartburn, foul tongue, flatulency, pain in the stomach after eating, are the certain indications of indigestion. Another frequent symptom, but which is erroneously considered an evidence of health by the patient, is an inordinate craving for food, which induces eating at short intervals, then distension of the stomach follows, with lassitude and languor.

TREATMENT.—All kinds of alcoholic liquors must be rigidly avoided. Food must not be taken in a hot state; all greasy and fatty food must be discarded. Dry toast and weak black tea to breakfast, plain and light dinners,

and similar observance must be held with regard to tea, and supper must be entirely dispensed with. Take one dripping sheet and one sitz-bath per day; the sitz should be varied from fifteen to twenty-five minutes. One vapour-bath or a wet sheet pack should be taken weekly; the wet compress should be applied to the stomach day and night. Each time the compress is taken off for re-moistening it or otherwise, the stomach should be briskly rubbed with the cold wet hand.

DYSPEPSIA.

This is a very common disease of the organs of *in-*digestion, and if neglected, frequently becomes the initiative of other disorders, more or less fatal, and in some instances of consumption.

The principal causes of dyspepsia are intense study, sedentary occupations, confinement, irregular and high living, grief, uneasiness, and depressing mental emotions, excessive sexual indulgence, hard drinking, especially spirits, strong tea and coffee, the use of tobacco, opium, and other narcotics, over-feeding, and distension of the stomach, deficiency in the secretion of the bile or gastric juice, prolonged exposure to cold, damp air without exercise; in many constitutions any one of the preceding causes will occasion dyspepsia.

The attendant symptoms of this disease are various and distressing, heartburn, nausea, flatulency, loss of

appetite, sometimes this last peculiarity will be reversed, being then ravenous and capricious in the extreme, accompanied by a feeling of insatiableness; acid, fetid, and nidorous eructations, a gnawing in the stomach when empty, a sense of constriction and uneasiness at the throat, with pain in the side or sternum, so that at times the patient can only lie on his right side, great costiveness, habitual chilliness, paleness of the countenance, languor, unwillingness to move about or to take exercise, depression of spirits, palpitation of the heart, disturbed sleep and frightful dreams.

In severe cases of dyspepsia, a train of distressing symptoms of a nervous nature sometimes harass the poor patient. This is usually termed *nervous dyspepsia*, and occasionally prevails to such a serious extent that it is unsafe for the patient to be left alone, though only for a short interval. A case of this class recently came under my notice. The patient was a young gentleman, who had almost destroyed his powers of digestion, by excessive indulgence in confectionery, sweets, and inveterate smoking. The functional action of the pyloric valve was nearly gone, and he had reduced himself to that miserable state, in which the mind could scarcely entertain any other idea than the constantly present one of suicide. To me, there seemed but little doubt that the severe medication he had previously undergone, had largely aggravated his distressing malady, and the utter prostration of the system. This case required extremely

careful and exact treatment, as most dyspeptics do; however, he was so far restored as to be able to perform the duties of life in an ordinary manner; but nevertheless, he is not as strong as he might have been, had he avoided his pernicious habits. It is but fair to state that this ease, imperfect as compared in its results with many others, was attended with this particular disadvantage, that the patient was so circumstanced, that he could not for a period abandon his business to undergo a thorough course of treatment, and to this, the incompleteness of the cure may be justly ascribed.

An account of the treatment pursued in this ease will serve as a guide in all similar instances. The first thing to be done was to relinquish totally the vicious indulgence in sweets and smoking. Unfortunately, however, this was no easy task; for when immoderate indulgence in vitiated and depraved tastes and appetites in eating, drinking, and smoking, have gained the ascendancy of the intellect, they are frequently the most despotic tyrants with which suffering humanity has to contend—and startling and appalling proofs of this are hourly furnished to us by the insatiable cravings of the diseased stomachs of drunkards, who mortgage their souls, bodies, and those of their families, to perdition, to gratify the arch-fiend DIPSOMANIA!

To a great extent, also, the same withering curse and blighting results attend the kindred vices of gluttony and the use of narcotic poisons, which stamp their

presence in painful cases of nervous dyspepsia—and it is remarkable that some of these patients will consume four times the quantity of food which a healthy stomach would take, and indeed, which their own stomachs would, if in a healthy state; and those who have sufficient resolution to reform, generally marvel at the comparatively little food which satisfies them far more than their previous excessive indulgence. Fasting may occasionally require a hearty meal, but incessant appetite is a certain indication of a diseased stomach.

TREATMENT.—(of the preceding case) The heating compress was worn almost entirely, day and night, but with an occasional cessation during the day-time, to heighten the effect and reaction, which it always does when re-applied after an interval. The shallow was the morning bath, for which, the dripping sheet or shower bath was occasionally substituted. A sitz bath before dinner, for fifteen minutes; and another, of ten minutes, before tea. A wet sheet pack and a vapour bath, alternately each week. Early retirement to rest, the gradual acquisition of the habit of early rising, until he could rise at four o'clock, without reluctance, and take a walk of several miles after the morning bath, and before breakfast, cheerfully. Attention to light, nourishing diet, in sparing quantity, and regular hours were enjoined, and as the patient progressed in health, more powerful treatment was then adopted.

HEARTBURN.

As heatburn is solely caused by indigestion, the same treatment laid down for the one will cure the other—see page 85, INDIGESTION.

DISEASE OF THE LIVER

Is certain to follow excessive indulgence of intoxicating drinks ; indeed, whenever an account is published of any *post mortem* examination of the body of those who have been addicted to *regularly-moderate*, or excessive drinking, the surgeon invariably discovers a very diseased state of the liver, the similar and kindred result of either wine, spirits, or ale. Scarcely a day passes without my establishment being visited by persons with surcharged and distended livers, the effects of excessive or regular indulgence, and unless corrected, congestion is sure to follow. With respect to the accumulation of fat about the liver, found in such instances, Dr. Carpenter observes :—“ When a fatty deposit is substituted for the normal elements of the several tissues, it may maintain, and even increase, their *bulk* ; but their vital properties are weakened in proportion to the degree in which this substitution has been effected. Thus when it takes place in the muscles, it diminishes the contractive power, and when it affects the muscular substance of the heart, which is a very common seat for this change, it renders that organ incapable of efficiently sustaining the circula-

tion. The liver, and kidney too, are very liable to have their structure impaired, by this perverted nutrition, and the function may be so easily interfered with, that life can be no longer maintained. Among the most common seats of this degeneration are the walls of the blood vessels, which when affected, lose their firmness, and are readily burst by pressure from within, so that, as has been asserted, this change is one of the most frequent causes of those forms of apoplexy and paralysis, which proceed from the effusion of blood into the substance or on to the surface of the brain,—now it can be shown on physical grounds, that this departure from the healthy nutrition of the tissues, is just what might be expected from the influence of alcohol in deteriorating the character of the blood—for whilst on the one hand it diminishes its plasticity or capacity for becoming organized, on the other hand it obstructs the removal of the superfluous fatty matter, which is ordinarily burnt off in the respiratory process; and hence there will be at the same time, a less perfect foundation of new tissue, in the place of those which have been used up, and the reduction of that part of the product of their waste, which the circulation of the blood ought to be the means of conveying to the lungs for extrication from the body.” The correctness of these remarks has been fearfully confirmed by the experience and observation of all our most eminent physiologists, as evincing the insidious and destructive effects of even moderate use of alcoholic

stimulants; and if there be other constitutional predisposing tendencies to liver disease, how careful ought every one to be to discourage effectually the conventional use of alcoholic stimulants. We may quote Dr. Peters, who gives the following account of the diseased liver, in seventeen cases which he had opportunities of examining:—"In moderate drinkers, the liver was found to be somewhat larger than usual; its texture softened, and its outer surface spotted with patches of infiltration extending two or three lines into the parenchymatous substance; the rest of the viscus retaining its natural colour, and its edge though normal, sharpened. In those who have been more addicted to the use of spirits, the liver was still larger, its edges were more obtuse, and the patches of fat on its surface were larger and more numerous. In old drunkards, the liver was very large, weighing at least six or eight pounds, often from ten to twelve, the edges were very thick, and much rounded; the parenchyma almost white with fat, soft, and fragile, and the peritoneal covering could be torn off with ease." In addition to the fearful injuries produced by stimulants on the liver, violent inflammation of the kidneys is the frequent consequence, and several cases have occurred within my own observation of life being suddenly endangered by this perilous malady, in each instance produced by a single fit of excessive drinking.

TREATMENT.—The treatment must commence with

entire abstinence from all alcoholic stimulants, and in food, all fatty substances must be studiously avoided. If the patient be strong, robust, and active, then vigorous treatment may at once be proceeded with. A wet sheet pack and a vapour bath should be given on alternate days, at eleven o'clock in the forenoon; a hot and cold dripping sheet, and a sitz bath for fifteen minutes, before tea, daily; and the heating compress round the liver and stomach, should be worn continuously. Abundance of water must be drank, and constant exercise in the open air, must be regularly taken.

If the patient be delicate or weakly, a milder course of treatment must be adopted, as follows;—a dripping sheet on rising in the morning, the vapour bath twice weekly, and the wet sheet pack once a week. On those days that the vapour and wet sheet are not taken, a hot dripping sheet, at a temperature of 120° may be given, which must be followed by a cold one. A sitz-bath, at 60° or 65° must be taken before tea, and the heating and soothing compresses should be worn alternately, with moderate exercise.

BILIOUS FEVER.

This complaint is caused by exuberent secretions of bile. The symptoms are, sickness and vomiting, severe head-ache, intense pain about the liver and its region, fulness of the features, and yellowish discoloration under

the eyes. The sufferings of the patient are sometimes so acute, as to be distressing to witness.

TREATMENT.—A sitz-bath, heated to 100° , must be taken, and whilst in it the temperature must be gradually increased as much as the patient can bear. A cold wet cloth must be placed on the head, the whole time during the bath, which may be extended to three-quarters of an hour—the perspiration will be very profuse, but the pain will be uniformly relieved. The heating compress must be applied on leaving the bath; then cover up the patient well with a blanket, and put him in bed. On rising in the morning give him a hot dripping sheet, steeped in water heated to 120° —which should be then followed by a cold one. Resume the heating compress, as usual, in order to restore the patient to full strength, and a few dripping sheets may be taken, say, one on rising in the morning, and another before dinner. This course should be persevered in for a week, about which time, the patient's health will be fully re-established.

JAUNDICE.

This disease is one which exhibits the fallacious impotency of the drug system in a very striking manner. It is frequently so inveterate as to defy the ablest medical skill, and it is often so protracted in its duration that when a patient recovers, most medical men feel convinced that it may be ascribed rather to the unaided

effort of natural causes, than to the exhibition of medicine. A single week of hydropathic treatment will, in most cases, suffice to eradicate it, and none that have required more have come under my observation, although I have treated a large number of patients suffering from its most aggravated form. One case may be particularly instanced :—Mr. J——, a merchant of this city, called upon me. He was very sickly, and was troubled with continual nausea. Remarking the nature of his disease, he solicited me to adopt the best course. The treatment was accordingly commenced, and in five days he was quite well. The following course was adopted, which will serve in general.

TREATMENT.—First day—a vapour bath in the morning—in the afternoon a dripping sheet; then afterwards apply the heating compress to the region of the stomach and liver, which must be renewed and applied until the cure is complete. Second day—in the morning, a wet sheet pack—in the afternoon, a dripping sheet. The third day, the same as the preceding. The fourth day, the vapour and shallow baths. The fifth day, the wet sheet pack and the shallow bath.

This course will generally be found sufficient for a perfect cure, but if otherwise, the course of the last two days can be continued.

APOPLEXY.

This dreadful disease is one which is much more easily

prevented than cured; and whenever any tendency to it exists, it is indeed madness to neglect precautionary measures for avoiding it. People predisposed to it cannot possibly plead ignorance of its approach, as any extenuation for such neglect. A sudden and instantaneous death, is its frequent, and its general result—but this, it is believed, has never occurred without its unfortunate victims having experienced frequent and decisive premonitory warnings of its certain approach—still, in spite of these, they persist in a course of immoderate drinking and eating, until they fall a sacrifice to their vitiated and debasing appetite. However different they may desire to appear, such persons really consider and constitute gluttony and intemperance the principal business of life, and will not recognize any enjoyment save in unlimited excess of the pleasures of the table.

It is worthy of note that it is not always persons of a full habit who are the victims of apoplexy, though this condition may generally be regarded, and especially with intemperate and irregular living, as a probable indication. Too much blood, or diseased blood acting injuriously on the brain, may produce it, and its crisis is frequently accelerated by violent and sudden mental emotions, and particularly if the stomach be deranged at the same time. Insanity, and mental imbecility, are also the frequent results of apoplexy.

There are many peculiar phases of this perilous malady which the limits of this work will not allow me to

detail at length. but those predisposed may consult with great advantage the larger and more comprehensive works of Dr. Gully and Dr. Johnson.

The premonitory symptoms of apoplexy are protracted fulness and internal oppression of the head, mazziness of sight, giddiness, sensation of falling, or shaking tremors, broken rest, loss of memory, disconnection of thought, faltering and vacancy of speech, nervous terror, appalling dreams, &c. Chronic dyspepsia and confirmed indigestion, are often the precursors of apoplexy.

Paralysis is also the frequent symptom of apoplexy. In fact it is, in some cases, an early stage of the same disease. The distinction between apoplexy and paralysis is, that apoplexy is the name applied to that peculiar fit which is characterised by sudden insensibility, and deprivation of all voluntary motion, the patient lying as though he was in a deep snoring sleep, from which no effort can rouse him.

In all cases where apoplectic patients cannot, or have not sufficient strength of mind to regulate their appetite, and to keep it within rational limits, they ought at once to go to some establishment, hydropathic or otherwise, where the medical superintendant can have them in judicious control, and by rigid attention can permanently impress them with the perils they have escaped, and inculcate the imperative necessity of perseverance in a systematic and temperate diet. In all such cases, a gradual, and sometimes an immediate, abstinence from

alcoholic stimulants is indispensable. In cases of sudden attack, the best course is to call in the nearest medical man, but if he be not at hand, then instantly adopt the following rules, as by their prompt application and presence of mind many lives may be saved:—

TREATMENT.—Let the patient be immediately conveyed into a spacious room, with the windows open; keep him in a reclining position, but with his head well elevated. Soak well a large towel in cold water, roll it up, and bind it round his head, in the manner of a turban. This done, a wet sheet pack must be immediately given, and very little water should be wrung out, as it is desirable to give it as wet as possible. On leaving the wet sheet, dip the cloth again in cold water, wrap it round and rub the head briskly with it, dipping it in water every ten minutes. On leaving the wet sheet he should instantly have a wet compress round the body, which should be continually renewed and worn for some days. Two or three wet sheet packs should be given daily until the patient is out of danger. All drinking and eating must be suspended for a time, and when resumed they must be very gradual, and in homœopathic quantities. If the feet be chilled, it will be of service, at the commencement of the attack, to bathe them in hot water. The observance of these measures will serve until the surgeon arrive, and will generally prove successful in averting the danger.

PARALYSIS.

Paralysis and apoplexy are identical in their origin and nature; their distinction consists merely in the symptoms manifested in different constitutions—the same causes which produce apoplexy in one person will produce paralysis in another. Some constitutions, however, are subject to *both forms* of this disease, and very frequently paralysis is the footprint which apoplexy leaves behind him, when he strikes down his victim, and leaves him crippled by paralysis. In such cases, paralysis is not the herald of apoplexy, but often the indelible memento of his visit and departure, with the assurance of his return, unless rigid precaution be observed.

There are very few cases of paralysis that are thoroughly cured, but if vigorous hydropathic application be early adopted, the chances are very much more favourable than by any other system of treatment. I have repeatedly found the galvanic battery of eminent service in these cases, and if a good one can be obtained, no time should be lost in its immediate application.

TREATMENT.—Immediately after the attack, let the patient recline on that side which is not affected—undress the affected side, which should be kept upwards. Two or three attendants should rub the entire side as briskly as possible for half an hour, with the cold wet hand, and during this vigorous friction, a cold wet cloth must

be kept on his head. If the patient is able to get up, walk him about the room. Repeat the same course next day, and use light tonie applications, such as the dripping sheet and sponge bath, with an occasional vapour bath, and the application of the galvanic battery (if accessible) twice a day. Let the patient also take as much exercise as he is well able to endure.

In cases of local paralysis, such as the legs and arms, the same course of treatment may be beneficially exerted. As an extraordinary instance of this, the case of Mr. John Ratcliffe, schoolmaster of Leigh, may be cited. When Mr. Ratcliffe came to me he could scarcely stand, and had his life been the penalty of his refusal, he could not have walked a single mile. In fact, he appeared to drag his legs after him, rather as if they were extraneous and inconvenient appendages attached to his body, than for actual use. After three week's course of treatment, as previously detailed, he walked the entire distance from Manchester to Leigh (thirteen miles); after this, another week's treatment effected and confirmed the cure. Two years afterwards I saw him, and he stated that ever since he had continued in the enjoyment of unimpaired health to that time.

RHEUMATISM.

Rheumatism is most prevalent in damp, marshy districts, where there is little or no drainage, and farmers, gardeners, navvies, and others engaged in open-air

employment, are more subject to it than those whose occupation does not so directly expose them to the humidity of our climate. But even in large towns, houses which are in damp, confined situations, imperfectly drained and ventilated, and too much secluded from the genial influence of the sun's light, will, in persons of mature age, greatly engender and foster obstinate rheumatism. Keeping on damp clothes without quick exercise, sleeping in damp beds, &c., are very common causes of rheumatism. Many have had their health irremediably destroyed for the remainder of life by sleeping a single night in a damp bed. Commercial travellers, who change their sleeping quarters almost daily, are sure to meet with a damp bed occasionally, and from this cause are exposed to extraordinary risk. Whenever this occurs, they ought to spring out of bed, and rub themselves vigorously with a dry towel, and by its friction to bring the blood to the surface of the skin, and otherwise excite it by gymnastic exercise. This should be done at once, before ringing for the chambermaid, and if a dry bed cannot be had, it is better to lie on a sofa, or even to sleep in a chair, the whole night.

Rheumatism is irritation or inflammation of the sheath or covering of the muscles, and sometimes it attacks the large joints; it is caused by checked perspiration from cold, damp, draughts, and sudden chills. These are the general, though there may be exceptional

instances which arise from other causes. In treating rheumatism the vapour bath should be freely employed, and in most patients it will effect a cure, with the aid of the wet bandage. Its effects are more rapid and absolute in patients who have not been accustomed to bathing. These have most probably acquired the malady from neglect of the skin; hence, to such persons, nothing but the vapour bath and compress are administered, for it is difficult to prevail on those to adopt the wet sheet pack, who know nothing of the principles of hydropathy. A case illustrative of this is worthy of detail:—Mr. A—— of Watson Street, Manchester, had been confined to bed five weeks with very severe rheumatism. He had changed his medical attendant three times without deriving any benefit. He was recommended by a friend, who had tried vapour baths for the same complaint, to do likewise. Finding himself getting no better, he resolved to act on his friend's advice. He was so distressingly crippled that he could not walk without great support and two walking sticks, and his friend assisted him through the streets. I then directed that he should take as many baths until such time that he felt himself grow weaker; in seven days he dispensed with the use of one stick, and in fourteen with both. In less than three weeks from the commencement of the baths, he met one of his old doctors as he was leaving my establishment, who had last seen him when a helpless cripple in bed. The doctor stared

at him with intense astonishment, as if he felt uncertain whether he saw his old patient or his ghost. Seeing this, the patient **went** up and thus accosted him:—
 “Well, doctor, you see I am alive and kicking!” “What in the world have you been doing?” said the doctor.
 “I have been taking some vapour followed by cold shower baths,” was the rejoinder. “Cold shower baths after vapour baths! why, I should have thought they would have killed you!” said the doctor. “Yes, but you see I am in a fair way for a cure!” replied the patient.
 “Well, I am very glad to see you so much better.—Good morning.” He had at this period resumed his usual work, but continued the baths for some time after to complete the cure, and took one daily until he had taken thirty-six. It was not until then that he complained of feeling weaker. He then took a few light tonic baths, and afterwards resumed the vapour, of which, I believe, he took a total of fifty before he was thoroughly cured. It is now several years since, and he has experienced no return of the complaint, which in this instance was occasioned by exposure to the inclemency of the weather.

Another case is one of that description popularly known as “*hot*” rheumatism. Mr. H. of Manchester, had suffered excruciating pain for a long period, and amongst other expedients to gain relief, he had swallowed, from time to time, pounds of Cayenne pepper, which to all appearance, aggravated, instead of diminishing, the

disorder. He took very many vapour baths, which only afforded temporary relief. Before this time I could not prevail on him to have recourse to the wet sheet pack, the most suitable application for this peculiar phase of the disease. At length, the intensity of his sufferings occasioned him to comply; it was well for him that he did. After seven weeks he was nearly well,—a change of air then sufficed for his complete recovery, and the attainment of his former strength. In this instance, the first three packs increased his pain very much, instead of allaying it as I had expected—the fact was, they required changing and continuing quite as often as in any case of typhus or scarlet fever, for he positively began to perspire in the face when he had been in the pack only twenty minutes. The cause of this increase of pain was at once apparent, being the excessive impregnation of the system with pepper; he was as much better after the fourth, as he had been worse after the three preceding packs. From this time, he rapidly improved; the treatment was then a pack daily, for a fortnight; then a pack and a dripping sheet on alternate days, until he was well; wearing, all the time, wet bandages round the parts most affected, which were the knees and ankles. If my space permitted, many other interesting cases of the successful treatment of rheumatism might be given, but the preceding are sufficiently illustrative.

GOUT.

Gout is sometimes an incurable disease, and generally exhibits itself from hereditary transmission. Its origin is supposed to be in excessive wine drinking during successive generations of a family, infusing vitiated matter into their blood. In such instances, it is so thoroughly constitutional that there is little chance of its total disappearance except from the corresponding *temperate* habits of posterity, and even then, it is very gradual, and liable to be resuscitated by a recurrence of vinous indulgence. This severe form of gout chiefly predominates in the higher and opulent families, hence, it is considered quite an aristocratic disease. It is at times perfectly nauseating to hear individuals, who are usually designated "fast men," whose vanity is only exceeded by their animal instincts, talk loudly of their "two or three bottles" per diem, as if the cultivation of gout was their only method of acquiring patrician honours!

But fortunately, as the world advances in intelligence and refinement, the attacks of gout are lighter, and can be successfully eluded by immediate hydropathic treatment; even when excessively severe and incurable, it can always be greatly alleviated. The following case will illustrate this. A gentleman from Ratcliffe called upon me; he was suffering most excruciatingly, from gout in both feet. I directed that he should have his legs and feet in the local vapour bath

for twenty minutes, after which, he had a full, or body vapour bath, for an additional twenty minutes. This done, he was well sponged with tepid water. A friend of his, who understood the application of the wet compress, assisted him to bandage the leg, from the foot to the knee, and likewise applied a good broad bandage round the body, which was frequently changed during the night; before morning he found himself considerably relieved. The bandages were continued until he came to repeat the vapour treatment; after this, he was able to put on his shoes: on the third day he showed us how he could run. Such cases of gout as the above are of very frequent occurrence, and similar treatment, with proper care and attention has been generally successful.

LUMBAGO.

In most medical works this disease is classed as a rheumatic affection; to which, Dr. Johnson objects with much propriety. He maintains that it is not rheumatic but cramp of the muscles of the lumbar region. The correctness of this view is confirmed by the fact that it frequently attacks those who were never subject to rheumatism; young as well as old. Its attacks are sometimes very severe and instantaneous, crippling persons without any appreciable premonitory symptoms. Derangement of the functions of the liver by high living and stimulants, sexual indulgence, or both these causes combined; exposure of the back to cold. especially in a

sedentary position, are frequent causes of this annoying disease. It is, however, easy to cure. For a slight attack, a single vapour bath will suffice, especially if the heating compress be applied to the loins, before getting into bed.

A very striking instance of this affection was that of C. W——, Esq., solicitor, of this city. He had been confined to his room three weeks, during which time, the assiduous attention and skill of his medical attendant were quite unavailing to procure even a mitigation of his sufferings. He could not walk without assistance. Six vapour baths effectually cured him. Nearly nine years have since elapsed, and during that period he has been attacked three or four times, which have been but slight, and easily dispelled by the vapour and shower baths. This mode of treatment I have never known to fail, though adopted in hundreds of cases.

PALPITATION OF THE HEART.

Palpitation of the heart is no proof of any disease existing in that organ, but is generally the result of nervous debility, too great exertion of, or stress upon the the brain, and neglect of open-air exercise. Living in crowded and unhealthy streets, inhabiting close and ill-ventilated apartments, indigestion, &c., are prominent causes. Sometimes it may exist where there is disease of the heart; this is an easy matter to detect, and it should at once be ascertained. If no disease be found,

palpitation can be effectually cured by hydropathic treatment; and I have known many cases cured in one week.

TREATMENT.—Commence by taking a vapour bath to cleanse the skin thoroughly and open the pores; take two dripping sheets daily for a week. If not well at the end of the week, discontinue one of the dripping sheets, and substitute for it a shallow or sitz bath. The wet soothing compress must be worn round the body only during each night.

INTERMITTENT PULSE.

It is a notable circumstance that occasionally, timid and nervous invalids do themselves a serious injury by jumping to hasty and discouraging conclusions with respect to their pulse, whenever they chance to discover it to be intermittent. Nervous patients are easily excited to frenzy; their morbid imaginations conjure up the most absurd and groundless terrors, and an intermittent pulse is usually ascribed to any cause but the correct one. It is not a proof of heart-disease; like palpitation, it is a frequent concomitant of general debility, and it also may be cured by the same treatment as palpitation, and by adopting such other measures as will tend to re-establish general health.

ASTHMA.

Asthma is indicated by the following symptoms:—

Difficult respiration, returning at intervals, with a sense of stricture across the breast and in the lungs, a wheezing, hard cough, which is relieved by a discharge of mucus, when the paroxysm will subside. It is a spasmodic affection, and is very distressing during the prevalence of the paroxysms.

If there be no organic disease of the heart or the lungs, this disorder can be easily removed by the water treatment.

I have known a bad case effectually cured by the application of the cold wet hand friction on the chest twice a day, for ten minutes, aided by an occasional vapour bath. The following directions will be found most efficacious.

TREATMENT.—A wash-down or a dripping sheet immediately on rising out of bed. The chest should be briskly rubbed with the cold wet hand, till quite red. Put a wet compress on the centre of the chest, to reach to the throat. It must be carefully put on, and well covered up with dry wrapping. Take it off an hour before dinner, and immediately apply the cold wet hand friction. On going to bed, put on the bandage, as before. Two vapour baths should be taken weekly, and a local application of steam to the chest, daily. This will both expand the chest and stimulate the skin to greater freedom of action, and a little perseverance in this course will remove the affection.

BRONCHITIS.

This disease, often formidable and protracted, is an inflammation of the bronchial tubes, and principally arises from neglected colds on the chest, &c. This is particularly the case in chronic bronchitis, and is chiefly to be found in those who are afraid to undergo a sweating process. On first contracting a cold, it always flies to the chest in those predisposed to the disease: and though they are aware of this peculiarity, they go on procrastinating and neglecting any means for expelling the enemy from the citadel of life, which they ought to do vigorously and promptly if they have the slightest desire to continue in the land of the living. Let me allegorically illustrate the dangerous turpitude and apathy with which bronchitis is treated. Suppose the pickets of a besieging army obtained ingress into a citadel well garrisoned, fortified, and provisioned, and the commander of the fortress, without striking a blow, felt satisfied to wait their pleasure in taking their departure, instead of expelling them at once *vi et armis*,—what would be thought of such a general in such a case? Would he not merit and receive a prompt sentence of death from an indignant court-martial? So it is with bronchitis. Strange as it may appear, there are thousands who treat colds with the same fatal supineness and indifference; they are allowed to remain in the system till they sap and undermine the very foundations of life, — nor

until they inflict mortal and permanent injury on the principal organs; and the climax is reached, do the sufferers, when their case is nearly hopeless, make any efforts to expel the enemy, but otherwise leave him to depart when he pleases. Under such circumstances it can scarcely be a matter of surprise that so many deep-rooted and obstinate diseases are so constantly met with, whose origin can be traced to neglected cold or catarrh, which would never have existed had proper attention been paid to their immediate removal.

TREATMENT.—As in cases of asthma, the vapour chest bath must be taken for twenty minutes: it will expand the chest and assist in removing the obstruction of the air tubes. A dripping sheet must be given afterwards, and the chest well rubbed for five minutes with the cold wet hand. The heating compress must then be applied to the chest, and worn both day and night. A sitz bath of 65° must be given occasionally for half an hour, taking a moderate amount of out door exercise. These should constitute the first week's treatment, or until the prominent symptoms indicate a favourable change, and some relief is experienced, when the dripping sheet should be taken on rising in the morning, and one wet sheet pack may be given each week, as the patient progresses in convalescence. The shallow bath may be gradually substituted for the dripping sheet after the chest vapour bath, always taking special care to give the chest plenty of friction, with the cold wet hand.

SORE THROAT

Is the common result of colds, or disease of the stomach; for which the subjoined rules will be found highly efficacious, In cases of syphilitic sore throat, very different treatment is required.

TREATMENT.—Apply the heating compress to the stomach, and one to the throat also, and every time it is renewed, use friction to the part affected, with the cold wet hand; several times during the day gargle cold water; on rising in the morning, take a dripping sheet, and every second day, a sitz at 70°, for half an hour.

QUINSY.

This is a very troublesome and annoying disease, and those who are once afflicted with it generally experience its periodical return. Its chief characteristic is an internal inflamed swelling of the throat, which usually ends in the discharge of matter, and sometimes with mortification and danger of suffocation.

A lady of my acquaintance has had upwards of twenty attacks of it, more or less severe, many of which she expected would terminate fatally, until she adopted the water treatment. Since that time, however, she has ceased to regard it with any apprehension, as it can be easily averted, and similar cases can be treated with equal success.

TREATMENT.—Vapour bath and wet sheet pack on alternate mornings, and a sitz at 70° for twenty minutes, at eleven o'clock, with the dripping sheet each afternoon.

The heating compress to be worn round the throat continuously renewed), and also one round the body, and gargle with cold water several times each day.

The same treatment is equally efficacious in common sore throat, of which quinsy is an aggravated and virulent stage.

BLEEDING AT THE NOSE,

The hydropathist has a certain cure for this complaint at all times; but occasionally there may be certain cases, such as apoplectic fulness, in which it would be undesirable to apply it; for in such a state it is often the spontaneous effort of nature to lighten the surcharged blood-vessels, and thus afford temporary relief by *deferring*, but not *averting* the fatal stroke.

TREATMENT.—When desirable to stop the bleeding, soak a towel well in cold spring water, and apply it to the testicles. This will stop it almost instantly.

DROPSY.

Dropsy is a disease peculiarly suitable for the water treatment, and one in which it evinces its power in a most wonderful manner; in fact, is the *only* remedy. Dropsy is caused generally by obstructed action of the

skin. and usually commences with chilly shiverings ; the skin is parched, hot, and dry, and as a consequence, the pulse becomes quick and irregular. To restore the impaired action of the skin, and to quicken its excretion is manifestly the only certain and rational course. If, therefore, the patient can be made to perspire copiously the cure is absolutely certain, but this result is sometimes difficult to attain, in very long standing or chronic cases. Of this peculiarity I may cite the following instance :--A gentleman was thus afflicted, and to a desperate extent. It was then about the middle of May, and he had not experienced any moisture of the skin since the preceding Christmas, being a period of nearly five months, and his corpulency increased to such a distressing extent that his weight exceeded twenty-four stone, or nearly three hundred and forty lbs. In the slight hope of saving him, though at the eleventh hour, Dr. Bell was called in by his family. He availed himself of my services, for the purpose of endeavouring to elicit a copious perspiration. It was accordingly arranged that I should attend on the following morning, with the requisite apparatus, and that Dr. Bell and the family surgeon should also be there. to witness the treatment, and its result. The vapour bath was accordingly applied, but very little perspiration was induced. The next day, on repeating the application, a slight increase was perceptible ; the third day there was a decided increase ; the fourth day it exuded copiously, and was continued

for an hour—in three weeks he was reduced 60lbs. in weight—the treatment was persevered in, with increased success, and he was thus rescued from a premature grave.

TREATMENT.—The vapour bath once a day, in conjunction with the dripping sheet, is decidedly the most efficacious process in treatment of Dropsy. The heating compress should be applied round the body continuously, and water freely taken, as it will promote perspiration. The diet should be of a plain and dry nature, avoiding fatty meats, soups, and other sloppy food, as much as possible.

SUPPRESSED MENSTRUATION.

It is inconceivable what an immense amount of agony, suffering, and harrowing anxiety exists which might be saved, if the simple and certain hydropathic remedy for this complaint was known and used. It is as certain as it is simple, and in the multitude of cases in which it has been applied, it has never yet been known to fail in restoring the functional power of nature. There are thousands of the fair flowers that grace our social gatherings, fade, wither, and die of consumption, brought on by obstructed menstruation ; as the family physician is unprovided with any remedy, the poor patient is allowed to go from bad to worse, until death steps in and claims the victim as his own, amidst the heart-rending sorrow of the bereaved parents, who have thus been ruthlessly deprived of the pride and solace of their

declining years—which might have been easily saved by recourse to the following simple

TREATMENT.—A vapour bath must be taken every other day, which must be followed by a shower bath, shallow bath, or dripping sheet, and after being well dried, a cold sitz bath for three or four minutes, during which, the patient must be covered with a blanket, in the usual manner. The heating bandage to be applied round the abdomen and loins, and worn only during the night.

In the majority of instances the preceding treatment will have the desired effect, but in long neglected cases, a dripping sheet every morning, and a sitz bath for seven minutes, before dinner, must be given on those days which the vapour bath is omitted. A moderate quantity of cold water may be taken, and plenty of exercise in the open air.

In a complaint of this nature it would not be desirable, for obvious reasons, to quote cases, but parents and heads of families who have the slightest doubt of the safety and efficacy of the treatment, can have every information given to them on a personal interview at my establishment. I may, however, observe that in such cases, I am kindly permitted to refer to a principal of one of the oldest and most eminent mercantile firms in this city, whose daughter was so seriously afflicted with this peculiar disorder, that she continued for twelve months in a state bordering upon consumption. but at

length, by a few weeks' trial of the above treatment, she was fully restored to health.

CONSUMPTION.

In one of his most popular works Dr. Samuel Warren thus apostrophises this insidious disease:—

“CONSUMPTION! — terrible, insatiable tyrant!—who can arrest thy progress or number thy victims? Why dost thou attack, almost exclusively, the fairest and loveliest of our species? Why select blooming and beautiful youth instead of haggard and exhausted age? Why strike down those who are bounding blithely from the starting-post of life, rather than the decrepid beings tottering towards its goal? By what infernal subtlety hast thou contrived hitherto to baffle the profoundest skill of science, to frustrate utterly the uses of experience, and disclose thyself only when thou hast irretrievably secured thy victim, and thy fangs are crimsoned with its blood? Destroying Angel!—why art thou commissioned thus to strike down the first-born of agonized humanity? What are the strange purposes of Providence that thus letteth thee loose upon the objects of its infinite goodness?”

There is a world of mournful appropriateness in these heart-rending, and for the most part, unanswerable questions. Doubtless in very many instances the progress of the fell destroyer cannot be arrested—but there are innumerable others, in which, by due care and precau-

tion, it may be successfully averted. The disease is originated by hereditary constitutional predisposition, or by wanton and deliberate neglect in taking cold on the part of the young and delicate. Yet, if in the early stage of the disease active and rigid treatment be at once resorted to, it is frequently curable, and indeed, in the majority of cases.

It is a popular idea, that if the lungs be diseased that there is no chance of recovery. Such an impression, however, is very fallacious. Even if one lung has wasted away, it is quite possible to preserve the other, and the patient may survive, and enjoy thirty or forty years of pleasurable existence, but of course, great care and precaution are constantly demanded, and exposure to cold weather, changes, &c. cannot be borne with the same impunity as by those gifted with a pair of healthy stentorian lungs.

In order to demonstrate the curability of many cases of consumption, and that to an extent but little suspected, it will be necessary to examine some of the proximate causes and phases. It is a very noteworthy circumstance that most of the victims of this terrible disorder are affected between the ages of sixteen and twenty-five years. An eminent medical authority, (Dr. Andrew Combe) states that it is between twenty-one and twenty-five that most males die of consumption, and that principally from their recklessness of living; in fact, that men of that period of life feel the vital powers

most strongly developed ; and in defiance of the dictates of reason and prudence let loose their passions, and indulge either privately or openly in all kinds of vicious indulgences, excess, and dissipation. Such a career, unfortunately, is too common with the young men of the day, it is one into which they madly plunge, and from which they will not desist until they feel their constitution giving way, and consumption has given a decisive premonitory warning of his deadly grasp on its pitiable victim.

In such cases, the soothing influence on the nervous system, of the wet compress, and of the wet sheet pack, the tonic effects on the whole body of the dripping sheet, and the sitz bath, are the most suitable applications in commencing the treatment ; and if the constitution be not irretrievably destroyed—if all power of vital reaction be not irrevocably gone, a beneficial change may be anticipated, and stronger treatment may be gradually adopted.

At corresponding ages, consumption manifests itself in young females, but arising from a variety of causes, which scarcely admit of minute detail. In the middle and upper classes, one fruitful cause of this malady is the abject subserviency to fashion, frivolity, and affectation, displayed by the female members of, and generally encouraged and sometimes *enforced*, by the heads of families. The practice of visiting ball-rooms, concerts, theatres, large and inconveniently crowded parties, and

other fashionable amusements, is questionable on the score of health and general welfare ; not that I would discourage rational and social amusements, when innocent in their character, useful, elegant, and refining in their taste; but the light and insufficient mode of dress, the frequent sitting in draughts of air, the transitions from hot rooms to cold, the excitement of copious perspiration, by protracted dancing, and afterwards remaining in a current of cold air, without additional covering, and other neglect of attention to the constant changes of temperature and atmospheric influences—all produce incalculable mischief, and are constant promoters of consumption. But when heads of families and match-making mammas are anxious that their daughters shall “appear to the best advantage” in order to captivate with their blandishments, some desirable but indiscriminating scion of wealth and station, regardless of light clothing, bare breasts and neck, insufficient head gear, and the other dangerous conditions before detailed : what marvel then that consumption strikes down the brightest and loveliest victims at the shrine of fashion? And who shall assess the culpability of those who encourage and enforce such folly? Equally culpable are parents who yield to the wayward inclinations of their daughters, who persist, even when out of health, in visiting such places, and deliberately neglecting the necessary precautions. Cold, severe and searching cold, often slight at first, is taken, if not in the ball-room, it is on going home, either in the vehicle or otherwise—in

a short time the dry, hollow cough appears, the face is flushed, the hand hot and dry, respiration difficult and laborious, emaciation, debility, pain in the side, sleepless nights, the hollow cheek, the wan face, the alternately dull and bright lustrous eye too surely attest the presence of the fell destroyer!

Whenever such symptoms appear, however slight, the case must be promptly treated at once, for delay and procastination are fatal. The general course to be taken is, to excite as soon as possible the healthy perspiratory action of the skin, by an occasional vapour bath, and two dripping sheets daily, with as much out door exercise as the patient can well bear.

Amongst all classes the execrable custom of tight-lacing is a fruitful source of consumption, and especially when combined with sedentary habits, as in the case of sempstresses, milliners, &c. If tight-lacing be commenced when young, and persisted in, the shape of the abdomen becomes altered to *the reverse* of its natural form. The lower ribs, instead of having wide circumference, become narrow and contracted, the action of the stomach, bowels, liver, spleen, and kidneys, becomes deranged and seriously impaired, and the action of the lungs and heart correspondingly affected. When will the people of this country learn to appreciate and prize the natural advantages with which they are surrounded, particularly in the cultivation of physiology and its application to recreation and health? How can they

continue to be the brave "and undegenerate race which has won the admiration of the world, and which has placed them at the head of civilization and progress? Certainly not as long as the habitual contortion of tight-lacing is so assiduously cultivated by the foolish of *both* sexes.

A very prominent cause of consumption is referable to a subject which is very much overlooked in medical treatises, perhaps unintentionally on the part of their authors, but from its extensive and unsuspected prevalence, I cannot forbear making a passing allusion to it here, from the baneful results that have been so frequently and painfully presented to my notice—by the destructive and hideously criminal habit of self-pollution. Suffice it to say, that this horrid vice so completely shatters the nervous system as to surround its hell-bound victim with such terrors as no pencil can depict, nor language describe. Heads of families and schools should be particularly careful to watch, detect, and suppress, its prevalence amongst their charge, by casual examination of the body and bed linen. It is the certain precursor of consumption, and a complication of other disorders, from which there cannot be a permanent recovery, though there may be a partial alleviation of their direful effects. It is a revolting duty, but it is a *duty*, and it should be done by every parent to ascertain if this vice exists, and to discourage it by every care and vigilance, for its timely prevention in the young will often save them a world of sorrow, and an

eternity of misery. It is from the prevalence of this debasing habit that so many villainous quacks thrive on the gullibility of their victims, and also, by a nefarious system of plunder and imposture, in which, extortion by threats of exposure, is the chief feature. Recently, a remarkable case of this description came under my notice, and it is at the patient's own request, as a warning to others, that it is here mentioned. The person in question, had for some years been guilty of this habit; his health was rapidly sinking, but he did not suspect the true cause until he had purchased one of the disgusting books by an advertising quack. A critical examination of the work showed him that the habit and the quack's designs were equally diabolical, and deterred him from becoming the prey of the latter, and from continuing that of the former. Incidentally, he named the subject to me; he underwent a protracted tonic course of hydropathic treatment, but his constitution was too much shattered, and the power of nature too far gone, to admit of more than a partial restoration to tolerable health.

In some instances of this nature, mental imbecility, and occasionally confirmed insanity, of the silent melancholy kind, will set in, and if this once obtains ascendancy, death affords the only escape for the hapless victim. Should this passage meet the eyes of those for whom it is intended, let me hope they will, by an in-

stant and determined effort avoid being drawn into the irresistible vortex of this maelstrom of hell !

CONSTIPATION.

This is one of the most serious and pernicious effects of the drug treatment, and also of irregular habits and vicious living. To open the bowels with violent drastic purgatives, to torture and stimulate them beyond their natural functions and strength, was formerly the grand panacea of the old school of medical practitioners, who understood not, that for the removal of disease, the skin is the principal excretory organ, and accordingly they impregnated the system with drugs, which years of natural or artificial operation could not expel. Aperient medicines are now only administered, by the more judicious of the faculty, in extreme and peculiar cases, and are only regarded as being of doubtful assistance, for they merely afford temporary and slight relief—they cannot produce any amelioration of the bowels, or restore or regulate their functions in any way. The use of aperient medicines can only inflame and irritate, and when these effects have subsided, they leave the vital tone and power of the bowels weakened, and more constipated than they were before.

After the use of alcoholic stimulants, the most frightfully destructive habit of the British nation is their gullibility and faith in “patent medicines” and other nostrums of heartless and unprincipled quacks. Millions

are annually consigned to the hospital, the madhouse, and the grave, from their pernicious and devastating effects.

My own experience alone, limited as it is comparatively speaking, could number many very painful instances of the baneful results of this mischievous propensity of drug swallowing—but one instance must suffice for the limits of this work. Mr. M——, a merchant of this city, (and who will be glad to unite his testimony to my own) called at my establishment some time since to undergo treatment for a severe cold. In conversation with him the fact was elicited that he was a martyr to constipation, and had not had a motion of the bowels for several years without resorting to the use of purgatives to effect it. Though I had no confidence in his compliance with, or perseverance to follow it out, I advised and strongly recommended a continuous course of treatment, which although certain in its ultimate success, yet would somewhat severely try his patience. To my agreeable surprise, however, he adopted the course, and fulfilled it with the most rigid exactness. He reaped the invaluable reward of his perseverance, in gradual, but complete restoration to health—the action of the bowels became permanently free, regular, and easy. It is now seven years since—he has never again had recourse to medicine, or even had the slightest occasion for it, and it may be confidently asserted, that as regards the perfect and healthy action of the bowels, his own is not excelled by the most robust constitution.

Constipation does not proceed from disease of the bowels exclusively, this has been thoroughly demonstrated by Doctors Gully and Johnson; it arises chiefly from deficiency of fœcal matter in the blood, or from some disease of the colon, which disqualifies it from secreting the fœces, hence the absolute necessity for general treatment.

TREATMENT.—Two vapour baths, one wet sheet pack, two dripping sheets, and a shallow bath, should be taken during each week of the treatment, a sitz bath each afternoon, for fifteen minutes, and twice during the week it should be extended to twenty minutes or half an hour. The wet compress should be continuously worn on the abdomen, day and night; a broader compress to cover the stomach, as well as the abdomen, should be worn during the night. Four tumblers of cold water should be taken at intervals throughout the day, and as much active exercise in the open air, as the stamina and circumstances of the patient will permit him to take.

Most scrupulous and particular attention should be paid to diet, and if the patient's stomach will admit of it, oatmeal porridge should constitute his breakfast, but it should be very well boiled. Some patients who have taken porridge, have used tea and coffee as a supplemental addition; in doing so they have deranged their stomachs by the anomalous mixture, and they have therefore concluded that porridge was too vulgar a diet for their royal digestion!

Bread and milk, plain meats, such as beef and mutton, rice pudding, weak black tea, whitey-brown bread, with a very sparing use of butter, and that only of the freshest and best quality, should constitute the fare for each day.

If this treatment be persevered in, a satisfactory restoration to health may be confidently anticipated.

COLIC, OR GRIPES.

The symptoms of this disease, as generally defined, are—pain at the pit of the stomach, extending downwards to the intestines, accompanied with eructations, slight sickness at the stomach, thirst, anxiety, obstinate costiveness, and a quick, contracted pulse; after a time, the pains increase considerably in violence, the whole region of the belly is highly painful to the touch, the muscles of the abdomen are contracted into hard, irregular knots or lumps. If these symptoms be not quickly alleviated, inflammation of the intestines ensues.

TREATMENT.—A hot sitz bath should be taken, for half an hour or forty minutes, to commence at 100° and increased in heat from time to time, as much as the patient can bear it, until it reaches 115° or 120° . In most cases this will give immediate relief. The heating compress should be applied immediately on leaving the sitz bath; and if, in three hours afterwards, the pain be still intense, a hot fomentation, for half an hour, should be administered; and after that, the enema,

with the water heated to 80°. When the patient is sufficiently recovered as to take food, the following will be especially suitable and easy of digestion, and will induce regular action of the bowels:—break up a quantity of stale bread, such as is ordinarily used with boiled milk, place it in a basin, pour boiling water on it, which must not remain on it longer than four minutes, strain the bread perfectly free from water, and whilst it is hot, pour upon it as much cold milk as will constitute a sufficient meal.

DYSENTERY.

Dysentery is an inflammation of the large intestine, and frequently extends to the rectum. It is most generally preceded by loss of appetite, flatulency, sickness, and vomiting. It prevails to a much larger extent in tropical, than in temperate and cold climates. Generally, when the rainy season sets in, after the prevalence of intense summer heats, in the months of August, September, and October, dysentery commences its fearful ravages. In the southern portion of the United States and the West Indies, it annually breaks out and occasions a frightful amount of mortality, especially amongst the negroes in the cotton and sugar plantations. Occasionally it has decimated the ranks of large armies, especially in India, encamped near marshy districts. The miasma generated by excessive heat and dampness, is the principal origin of dysentery, but in this country noxious

exhalations in ill-drained neighbourhoods, and from putrid animal and vegetable matters in a decomposing state, damp and confined dwellings, unwholesome food, &c. will frequently occasion it.

When the inflammation begins to affect the lower part of the intestinal canal, the stools become more frequent but less abundant in quantity, and in passing through the inflamed part intense pain is occasioned, and every successive motion is preceded by severe griping.

Dysentery, when treated on the drug system, becomes highly dangerous and frequently terminates fatally.—And why? Because the surgeon chiefly directs his attention to the bowels of the patient, and by the exhibition of medicine endeavours to remove the obstruction, to open and thus relieve them; but this course is seldom successful, for the mere circumstance of opening the bowels does not relieve the inflammation but aggravates it, and destroys what is left of tonic power. He overlooks entirely the obstructed pores and suspended action of the skin, occasioned by chills, excessive rains, dampness, and miasma, which if it were restored by active hydropathic treatment, the intestines would soon throw off their inflammatory affection on the skin, from whence it could be as instantaneously dispelled.

TREATMENT.—Excite, at once, free and copious perspiration, which will abstract the irritation from the bowels. This may be done by a vapour bath; put on a good broad heating compress round the abdomen. It

will become dry every two hours, when it must be re-moistened in cold water and re-applied. A dripping-sheet or wash down may be given each afternoon, and if the patient is able he should walk about the room. The enema, with half a gill of water, may be administered three times a day for the first two days; at the end of which time the patient, if treated with care, will be convalescent. He should then daily have a dripping sheet on rising in the morning, and should also take a sitz-bath about eleven o'clock in the forenoon, until thoroughly recovered.

DIARRHŒA.

In the treatment of this disease the power and effects of the water cure are very conspicuous, for it is a certain and never-failing remedy, and there is not the slightest risk or danger in its administration. There are hundreds in Manchester who would scout the proposal of any other remedy, from their tried experience of its treatment hydropathically, which is easily accomplished, without confinement at home, or hindrance to business.

TREATMENT.—A vapour bath, succeeded by a cold shallow bath, accompanied with brisk and vigorous friction, till the skin is quite red; then apply the heating compress to the abdomen. In the afternoon of the same day, a dripping sheet must be given, and the compress re-moistened and re-applied. If not quite recovered next day take a cold shallow bath in

the morning, and cold sitz bath before dinner ; drink freely of cold water. I have known instances in which the drinking of two tumblers of water, one immediately after the other, has completely stopped diarrhœa,

INFLAMMATION OF THE BOWELS.

This affection manifests itself by acute pain, which generally extends over the whole region of the abdomen, but more especially round the navel. It is accompanied with eructations, sickness at the stomach, vomiting of bilious matter, obstinate costiveness, thirst, heat, great anxiety, and a quick, hard pulse. After a short time, the pain becomes still more severe, the whole region of the abdomen is excessively painful to the touch, the bowels seem drawn together in lumpy contractions ; obstinate costiveness prevails, and the urine is voided with great difficulty and pain.

The causes of this disease are, long continued costiveness, or a strangulation of the intestinal canal ; but another and very general cause is the application of cold to the lower extremities, and to the belly itself. It is a disease which most generally manifests itself at advanced periods of life, and those who have been once affected with it are liable to experience its recurrence.

TREATMENT.—A vapour bath should be taken at the commencement, but if that be not available, use the

spirit bath or sweating process, which will expand the whole system, and at once afford relief—after which, apply the heating compress. Then administer the enema with the water heated to 98°. If the pain be not materially relieved, apply the hot fomentation to the bowels for about an hour, and afterwards resume the heating compress. In the course of a few hours a half-sheet pack may be given. If the patient is not out of danger, the preceding treatment must be repeated. When all danger is past, give the patient the advantage of undisturbed repose and tranquillity, and unaided nature will do the rest.

STITCH IN THE SIDE, OR SLIGHT INFLAMMATION.

This affection is a frequent concomitant of common cold, and in such cases, if means be not taken to expel the cold, it gradually assumes a fixed chronic stage. If active treatment be at once commenced, the result will show in this, as in every other department of economy, that “a stitch in time saves nine.”

TREATMENT.—If taken at once, a Vapour Bath with the heating compress, will cure it. If it has been neglected until it has become chronic, the vapour bath must be taken every other day, and the heating compress must be continuously worn, till the affection has entirely disappeared.

HÆMORRHOIDS, OR PILES.

This complaint is mostly generated by obstructed circulation in the large intestines and the liver, occasioned by sedentary habits, want of pedestrian exercise, constipated bowels, &c. Even violent or protracted horse exercise will sometimes originate the disorder. Its approach is sometimes but not always indicated by unnatural tightness of the rectum, uneasy and itching sensations at the seat, &c. The anus, or aperture of the seat is subject to a variety of diseases besides piles,—and very frequently they may all be averted by washing well with soap and water every morning, particularly after motions, and as much oftener as opportunity will permit. The use of paper is insufficient for the purpose of proper cleanliness. Mahomet so particularly inculcated amongst his followers the duty and necessity of continuous ablution of this portion of the body as to make it an essential of the religion of the Mahommedan nations, who infinitely exceed those of Europe in general personal cleanliness, and notwithstanding the sedentary life and vicious habits of the Arabs, diseases of this class are comparatively unknown amongst them.

Experience has shown that the free use of water and soap to this part has eradicated the itching and irritation in most instances ; but when piles appear, they require a more extended course of treatment, and they must

indeed be very aggravated if they do not succumb to the Water Cure.

TREATMENT —A dripping sheet every morning, two or three sitz-baths daily, of from seven to fifteen minutes duration, observing the hints to wash well the part in question ; and also a vapour bath to be taken occasionally, allowing the vapour to act well on the part. For this purpose we use a seat, specially constructed, like that of a closet.

HERNIA, OR RUPTURE.

This affection is a protrusion of the intestines through the beautifully constructed membrane or web, designed to retain them in their proper position. It is sometimes burst, by a sudden exertion of strength, as in lifting a great weight, a heavy fall, jumping, concussion of the body, and other violent muscular exercise ; but more frequently it ensues without any definite or assignable cause otherwise than a natural weakness of the membrane itself. I have known entire families, male and female, subject to it.

When rupture occurs from sudden causes, care should be taken to place the patient immediately on his back, in a recumbent position ; the intestines should be pressed gently back again into their proper position, and wrap a bandage very firmly round the region of the rupturo so as to sustain them effectnally. Two fatalities, to my

knowledge, have occurred, which might have been easily prevented had this precaution been observed; the danger is when the intestines so far protrude as not to admit of being replaced in their position: then inflammation sets in and death ensues.

TREATMENT.—The soothing compress must be worn continuously day and night, and changed at intervals of two hours and a half. If practicable a bandage should be made for the purpose of securing the intestines well in their position; this may involve a little trouble, but it will be amply compensated by the result. A sitz-bath of not more than four minutes duration should be taken three or four times. Before leaving the sitz-bath the patient should splash and douche well the affected part, and for that purpose he should raise himself up in a convenient position.

Here, I must acknowledge that many years ago I was very sceptical as to the efficacy of hydropathy in cases of rupture, but my doubts have been completely dispelled, by subsequent trial and experience of its success; and it is my sincere belief that very few cases are incurable, especially if taken early.

TYPHUS FEVER.

The symptoms and characteristics of this formidable malady are very determinate and easy of recognition. The incipient symptoms are those of common fever accom-

panied with a putrefying tendency of the fluids of the body. It is distinguished from inflammatory fevers by the smallness of the pulse, and the sudden and complete debility which ensues on the commencement of the attack. In its more advanced stage it is indicated by the eruption of small purple spots on various parts of the body, and the intense fetid stench from the stools. It is particularly distinguishable from nervous fevers by the great violence of all the symptoms on its appearance.

The most frequent cause of this disease is contagion, but its spontaneous origin is to be found in the pestilential effluvia arising from decomposing and putrid animal and vegetable substances; and hence, in low, marshy, ill-drained districts, and in countries abounding with swamps, it is exceedingly rife, and this is especially the case when the protracted inundations of such districts are succeeded by the prevalence of intense heat. But in this country, its causes may be frequently traced to want of personal, as well as of household cleanliness, damp, ill-drained, and ill-ventilated dwellings, neglect in removing decomposing substances; unwholesome food combined with the preceding causes, will frequently occasion its outbreak in quarters where least expected. This is especially the case in hospitals, gaols, camps, and ships, where the strictest attention is not paid to ventilation and cleanliness.

The premonitory indications of typhus fever are great languor, dejection of spirits, loss of muscular strength,

weariness, pains in the head, back, and extremities; eyes appear dull, heavy, and yellowish, often slightly inflamed, the temporal arteries throb violently, the tongue is dry and parched, respiration is commonly laborious, and interrupted with deep sighing; the breath foul and offensive. the urine crude and pale, the bowels are intensely costive; the pulse very small, quick, and hard, and occasionally fluttering and unequal; sometimes great heat and oppression, as if from a load, is felt at the pit of the stomach, and vomiting of bilious matter ensues. When the fever is allowed to run its course unchecked, the pulse becomes materially increased (frequently ranging from one hundred to one hundred and thirty per minute) there is great debility, increased heat and dryness of the skin, great oppression at the chest, with anxiety, sighing and moaning, intense thirst, the tongue, mouth, lips, and teeth, are covered with a brown or black tenacious fur; the speech is inarticulate and scarcely intelligible; the patient mutters a good deal, and delirium ensues. The fever continuing to increase still more in violence and intensity, symptoms of putrefaction show themselves. The breath becomes horribly offensive; the urine deposits a black fetid sediment, the stools are dark, excessively offensive, and pass off insensibly; hæmorrhages issue from the gums, nostrils, mouth, and other parts of the body, the livid spots or patches appear on it, the pulse is intermittant and sinking, the extremities grow cold, and death ensues.

The last stage, as previously described, ought never to be allowed to supervene, and it never would, if timely recourse were had to hydropathic treatment at the commencement, or even at the middle stage of the fever. Most people, who never witness cases of fever, (and especially typhus fever) so treated, may doubt the correctness of this statement, but a little investigation and enquiry will speedily dispel their scepticism. For instance, take a patient whose pulse is beating one hundred and twenty per minute, and pack him in the wet sheet, well soaked in cold spring water, (the colder the better) taking care to place a cold wet cloth across his forehead, and comply with the other general directions for the wet sheet pack (see pages 32 to 35). Examine the pulse again at the temporal artery in half an hour afterwards, and its rate of pulsation will be found to have declined forty or fifty per minute, and the result is that the fever is checked to some extent, the skin is reduced from the dry and burning state to a moist and natural condition. The beneficial influence is not, however, limited to this, the internal organs are in a measure relieved, the first conditions of perspiration, and the excretory action of the skin commences, the gradual extraction of morbid matter in the blood and substitution of pure fluid in its place, is at once exerted and carried out. If this be done, the patient is restrained from sinking—but if left to grapple with this terrible scourge, his constitution becomes the repository

of the lava-flood of fever, consuming its helpless victim in the writhing agony of its fiery embraces.

TREATMENT.—Wet sheet pack, and if the patient be of an average strength of constitution, the sheet should be but slightly wrung. Keep the head constantly cool with cold wet cloths, &c. Keep the patient in the sheet forty minutes, but if he be weakly or much reduced by the fever, then the sheet must be well wrung in the ordinary manner, and only allow him to remain in it for twenty minutes. The pack must be repeated every two hours until the fever has subsided. In all cases, however, the soothing compress must be worn round the body when the patient is not in the pack, and it must be exchanged for a fresh one as often as it becomes dry. He should be allowed to drink as much water as he may desire, when in or out of the pack; and when the fever is fairly subdued, a wash-down twice a day may be given. As the patient progresses, the dripping sheet may be substituted, and a pail-douche occasionally given until health and strength are well re-established.

A very satisfactory reference of the efficacy of the preceding treatment of typhus fever can be made to Mr. B——, of Piccadilly, Manchester, (the name and address will be furnished to any enquirer at my establishment, 90, St. James's-street). He will have pleasure in bearing testimony to the remarkable efficacy of hydropathy, in saving his life, when prostrated by

this malady, which terminated, about the same time, his brother's life, under the old system of drug-treatment.

At page 33, on describing the wonderful power and influence of the wet sheet pack, a case is quoted of a young man who was rescued from the very jaws of death by vigorous hydropathic treatment. From an oversight whilst this part of the work was passing through the press, the name of the malady was omitted. It may now be mentioned, that it was one of the most desperate and malignant cases of typhus fever ever witnessed, and one particularly deserving the attention of my readers.

SMALL POX.

This disease may be efficiently treated in a precisely similar manner to scarlatina and measles, or any other class of fever. Great care, however, must be taken not to allow the blood to flow too freely to the head. When the patient is in the wet sheet pack, should his face become much flushed, and the fever is raging at its height, he must then be taken out, the sheet must be well re-moistened and re-applied, and this process must be continuously repeated until the malady abates, and the minor directions given with respect to scarlatina and measles observed until the patient is convalescent.

MEASLES.

This disease is almost invariably preceded by drowsi-

ness, dry cough, and frequent sneezing. About the fourth day the eruption makes its appearance, and after the climax is attained, it then gradually (unless the case terminates fatally) disappears.

Though measles are not so dangerous as scarlatina, yet there are many families who have to regret the loss of one or more of their number by this disease. If treated hydropathically and with proper care, it is as easy and certain to cure as any case of ordinary cold. As an illustration I may, perhaps, be excused citing the following instance in my own family:—Three of my boys were affected with measles simultaneously, but by adopting the water treatment the virulence of the attack was successfully counteracted, and rendered so mild that they would, had they been permitted, followed their ordinary round of open-air exercise and play. They were each subjected to the following

TREATMENT.—Three wet sheet packings; the heating bandage worn round the body day and night, for an entire week, and renewed three or four times daily.

The proper time to commence the packing is when the disease has so far advanced and the eruption sufficiently determinate in its character and indicative of measles,—eleven o'clock in the forenoon or thereabouts is the best time to commence packing. During the first application the eruption will be perceived much more fully developed. A wet towel should be applied to the head, and the sheet may be given on three suc-

cessive days, but not for a longer period than forty minutes.

SCARLATINA.

This formidable disorder periodically commits dreadful ravages amongst children of all classes. It usually commences with languor, lassitude, chills, shiverings, alternating with intervals of heat. It is attended with considerable thirst, dryness of the skin, nausea, vomiting, &c. About the third or fourth day the scarlet efflorescence appears on the skin, but this does not occasion any abatement of the fever. The most dangerous cases are evidenced by an intensely hot and dry skin, and when this prevails all secretion by that organ for the time has absolutely ceased. In nine cases out of ten this vital function can be immediately and effectually restored, and the pulse lowered by the wet sheet and the wet compress; on its restoration the life of the patient depends. So decided and certain are the effects of hydropathic process in this otherwise frightful malady, that it is greatly to be deplored that medical practitioners do not at once resort to its use, instead of the uncertain and speculative formula of the drug system, which instead of relieving, often intensifies the disease to a fatal termination. In fact, in all cases of fever, no drugging can exert the power of the wet sheet, and no lotion or poultice can exert the requisite beneficial and peculiar action on the throat as the wet

compress. Nor is the benefit confined merely to the restored secretion of the skin, but is increased tenfold by the abstraction of matter from the body by the sheet and compress, and its nutrition by the absorption of the pure water.

So marked and decisive have been the effects of the compress when applied to the throats of children in scarlatina, and other fevers, that I have frequently seen instances in which relief to the respiratory organs has been given in ten minutes, and breathing became easy and free. On examining the bandage, in twenty minutes or half an hour afterwards, I found it nearly dry, the water having been almost totally absorbed.

Dr. Edward Johnson particularly recommends in cases of scarlatina and measles, that precipitancy in commencing the treatment at too early a stage, and before the disease is well developed, ought to be studiously avoided; and the correctness of this advice has been largely verified by my own experience. He maintains that if the wet sheet is applied too early, that is, before the eruption appears, the tone and action of the skin are lowered, that instead of the disease being abstracted, it is driven inwards into the system, and its necessary development is retarded. On the second day of the fever, or as soon as the eruption begins to appear on the skin, the child should be placed in the wet sheet pack for forty or fifty minutes, or until the face becomes flushed, when a wet cloth should be immediately placed

on the forehead, and continued during the remainder of the time it is kept in the wet sheet. On coming out, a brisk rubbing with towels, giving plenty of friction, after which, the patient should be placed in bed or walked about the room, if able. The bandage to the throat should be changed every half hour; it must be well fastened over the crown of the head. The wet heating compress should also be worn round the body, day and night.

Some time since, a gentleman called at my establishment, and incidentally mentioned the circumstance of a woman curing three of her children of scarlatina, by packing them in the wet sheet, although she had never witnessed its application, but had heard it particularly described and explained. In consequence of this, on perceiving the state of her children, she at once decided boldly and promptly to apply it, and she had the satisfaction of rescuing her children, whilst others in the same neighbourhood were being continually swept away.

That these directions may be clearly understood, it must be particularly stated that the wet compress, when applied to the throat, must be brought, *not* round the neck, but over the crown of the head, in such a manner that the whole of the throat shall be well covered, and to this essential it is impossible to attach too much importance.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

The worst case of this disease, and the most remarkable that has come under my observation, occurred twelve years since. As the treatment was attended with the most complete success, a detailed account may prove interesting, and exhibit the course to be pursued in similar cases.

The patient in question was a young man about twenty eight years of age. He felt unwell towards one Sunday night—his head and face began to swell, and as a friend of his had been blistered, bled, and had died a fortnight previously (notwithstanding the combined efforts of two medical men to save him), he became alarmed and dreaded the inefficacy of similar treatment. He accordingly sent to a friend of mine, whom he knew to be a hydropath, who called in my assistance. We accordingly went, and remained the entire day with the patient, and before we left him at night, he had experienced so much relief that he expressed his firm confidence in his ultimate recovery. On commencing operations on the following Monday morning, the head and face were swollen to twice their natural size, and scarcely a feature was distinguishable. We forthwith cut all the hair off his head, as closely as possible—then we gave him a vapour bath, whilst seated on a cane-bottomed chair, and enveloped in three or four blankets, by means of a small boiler placed on the bed-room fire.

Whilst in this bath, we put on a wet compress, completely covering head and face, through which we cut small holes for his mouth and nose, to admit of breathing. As continually as this bandage got dry, it was constantly re-moistened and re-applied, which was done at least every twenty minutes. The vapour bath was administered very gently for half an hour, during which time two tumblers of water were given to him. The perspiration was very profuse, we then gave him a good wash-down with cold water, after this we put on a large broad wet compress round the body—this and the one on the head and face were continually re-moistened and re-applied all day, as often as required, but the latter demanded particular attention as it dried so very quickly. Two hours after the vapour bath we gave him a derivative sitz-bath, which yielded considerable relief. In another hour after this a wet sheet-pack was given, which concluded the general applications for the day. The same treatment, as regards the two wet compresses, was kept up throughout the night and during the whole of the next day (Tuesday) and towards night the compress was taken off the face and head, which now assumed their natural appearance and proportions, as the inflammation was completely subdued. On the fourth day (Thursday) he was so far recovered as to desire to go to his usual avocation, but we insisted upon his refraining from this, and nursing himself well, as we had taken upon ourselves the responsibility of the case. A further

rest sufficed for his complete restoration, and on the following Sunday he never looked or felt so well before.

If the same treatment be pursued in similar cases, there will be no occasion for nitrate of silver, which destructive mineral is usually exhibited. The water treatment in such instances cannot be improved, and if taken early, its results can be calculated with absolute certainty. Erysipelas, in a mild form, frequently manifests itself in different parts of the body, but is easily cured by hydropathy, whilst the old practice of blistering, bleeding, purging, &c., neither affect the root nor the region of the disease. As the preceding case was one of my earliest efforts in the practice of hydropathy, it left an indelible impression of the correctness of its theory; as it has been since abundantly and uniformly verified in other instances, I have given it a particular precedence, as illustrative of the wonderful powers of the water cure, so much more speedy, certain, pleasant, and painless, than the irrational and precarious methods of the drug system.

CHOLERA.

To pass over this terribly malady without some allusion to it in connection with hydropathy, would render this manual very incomplete, especially as some details more than commonly interesting can be given. During the last visitation of cholera, in 1854, not more than two cases of cholera occurred here, and neither of these were

fatal. This gratifying immunity is mainly due to the improved drainage, and the excellent sanitary condition of Manchester, controlled and enforced by its municipal regulations. Not having had a case of cholera to treat personally, it appeared most desirable to quote such facts and observations as would prove at once unquestionable and conclusive.

With characteristic energy and success, Preissnitz and several continental physicians, practising the water cure, combated the ravages of cholera, and not a single fatality occurred under their hands, as will be subsequently shown in a statistical table. The method adopted by Preissnitz was to place the patients in a tepid sitz bath, accompanied with long-continued friction whilst in it; and by using a well wrung sheet, accompanied with great friction, wearing the heating compress round the body, and the frequent application of the enema with tepid water. The particular object of Preissnitz seems to have been to arouse the vital energy of the system, to restore animation and circulation in the skin and extremities, and thus enable the power of nature to throw off the disease.

In order that the results of drug medication in cases of cholera may be clearly contrasted with those of hydro-pathy, it may prove interesting to quote the following remarks of Dr. Eadon (of Sheffield) who, after detailing the total incapacity of drug treatment to avert even a single case of this terrible disease, as illustrative

of Sir Astley Cooper's famous declaration that "*the science of medicine was founded upon conjecture and improved by murder!*"—he thus remarks on this same science (falsely so called)—

"It has done WHAT IT CAN for cholera. The faculty have tasked their powers to the utmost, and all to no purpose. According to their *own confessions*, their treatment has done more *harm* than *good*, nay, UNMITIGATED INJURY; and the results furnished from official sources confirm completely their OWN OPINION of their OWN TREATMENT."

STATISTICS OF CHOLERA BY THE OLD DRUG TREATMENT.

St. Peters- burgh.		Moskwa		Berlin.		Hamburg		Vienna.		Prague.	
Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.
4805	1501	6369	3256	2188	1423	938	491	3487	1695	3386	1401

"In Vienna, the mortality was $32\frac{3}{4}$ per cent.; in Moscow, 54 per cent; in Sunderland, $3\frac{1}{2}$ per cent.; in Madras, $22\frac{1}{2}$ per cent.; which Dr. Joseph Brown, of Sunderland, considers a 'proud monument to the skill of the medical men employed, and to medical science in general.' In a province on the Persian Gulf, one-fifth of the inhabitants died; and in another province on the

same gulf, in a few weeks, more than 10,000 fell victims. In Paris, in 1832, 18,000 perished; and in Palermo, out of a population of 120,000, there died 25,000. In 1821, in 25 Allopathic Hospitals in Italy and France, there were 63 deaths out of every 100 cases. What a frightful mortality! And yet the so called Medical Science of Europe was doing its best, not only to alleviate suffering, but to ward off the death-blow; and 'we are not *in the least*,' says Dr. Elliotson, 'more informed now as to the proper remedies than we were when the first case of cholera occurred;' and the 'blue fiend' is amongst us again!"

"Such are the results of drug medication, and such the power of those who are accustomed to contemplate 'the mysterious and recondite phenomena of organized beings!'

"Let us turn to another branch of the medical profession, the Hydropathic, or rather Hydriatic, and test its potency as a remedial agent. Will the water cure be found the 'El Dorado' in this awful disease? What are its capabilities, its influences on the organism, direct and indirect? and has it the power, when properly applied, of meeting cholera in its incipient or most malignant forms?—Given—the effects of the cholera sporule on the human organism, and the effects of water, in its varied forms of application, on that same organism, and the solution of the question becomes comparatively easy.

We shall not stop to enquire whether cholera be sporadic or epidemic, or what difference obtains between the European and the Asiatic. The symptoms will of course vary somewhat with the diseased constitution upon which it acts, with climate, with the seasons, the mode of living, the amount of virus in the air, and with individual idiosyncrasies. But however modified in its effects, the type of the miasm will be the same in all, viz., CRAMP—INTENSE, EXCRUCIATING CRAMP; vomiting—purging, something like a decoction of half-cooked rice—cold breath—small pulse, and almost lost to the touch—spasmodic contractions of the muscles—tongue sodden—countenance sunken, withered, and wrinkled—eyes with blue rings beneath—skin covered with a clammy sweat; and altogether there is presented a cadaverous aspect, strikingly characteristic of this disease in all conditions and under all circumstances. Such are the symptoms in life.

“After death, the stomach, liver, and spleen are always found congested, in consequence of the diminished activity of the great ganglionic nerve, and consequently of an impeded circulation of the blood, causing accumulations of vinous blood in the brain, attended sometimes with a softening of the spinal cord. In any point of view, then, and in every case, there is evidently a grand sinking of the system. All the fluids, by a sort of magic agency, are suddenly drawn from without, to the internal organs, and the human battery (the brain)

has ceased to give forth its odylie charges along the nervo-vital strands, and especially, along the pneumo-gastric or eighth pair of nerves, which so powerfully influences respiration. The whole nervous system is, *de facto*, at a stand; and the entire volume of the blood is thrown into a violent state of non-equilibrium, not to say, perhaps, partial decomposition.

“ Now, can Hydriatics meet a case like this? What can it not do, when Dr. Forbes,* late editor of the *British and Foreign Medical Review*, the chief organ till lately of the Allopathic part of the profession,—AND NO HYDROPATH EITHER,—speaking of Priessnitz, the founder of hydropathy, acknowledges, that ‘ It is scarcely too much to say that he (Priessnitz) has so modified the application of water, and some very few other means in a manner so ingenious as to render them no imperfect nominal *substitutes* for most of the drugs of the Pharmacopœia. He has his stimulant, his sedative, his tonic, his reducing agent, his purgative, his astringent, his diuretic, his stiptic, his febrifuge, his diaphoretic, his alterative, and his counter irritant.’ If water, variously applied, has the power thus to act on the organism, without any after injury to the system, producing no sequelæ or chronic disease, what can it not accomplish in skilful hands? Hydropathy, as a mode of treatment, goes directly to the cause of the disease, and throws around the patient, all the known laws of health. The

* Now Sir John Forbes—the last medical man knighted by her Majesty.

appliance of water allays excitement, gives strength to the fibres of the heart—the force-pump of the system—restores and augments the secretions, *removes internal congestions*, accelerates the change of matter, and thus renovates the tissues of every organ; acts as a powerful stimulant and diaphoretic, invigorates and intensifies the vital principle, (which, in cholera, is languishing and going out.) hardens and invigorates the nervous tissues, gives firmness and support to the brain, produces a galvanic and electro-motive action through the brain and spinal column, and brings into play the highest action of that stupendous secreting organ, THE SKIN, the *natural purifier* of the system, and nature's *own great outlet* in throwing off millions of poisonous particles dissolved and floating in the serum of the blood. Hydropathy can do just what the cholera patient requires;—it can re-charge the human electric battery—the BRAIN; remove from the system hardened slime; *un-gorge* the internal viscera; and, by bringing into an abnormal energy, for a time, the whole activities of the *skin*, clear out from the system the sporule which is rampantly chasing life away. Is not the question solved? Is not Hydropathy competent to meet cholera, or any other pestilence, either in an incipient or malignant form? Has it done so? IT HAS. To facts let us go, for facts cannot LIE. They are like the laws of the Eternal—changeless, and ever live."

STATISTICS OF CHOLERA BY WATER TREATMENT,
WITH THE NAMES OF THE PHYSICIANS WHO TREATED
THE CASES.

Priessnitz.		Oertel.		Caspari.		Meyer.		Francke.		Harder.	
Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.	Disease.	Deaths.
56	0	113	0	215	0	29	0	35	0	173	0

Here are 621 cases, and not a single death. The mere statement of the facts will be the strongest form of argument."

"Water, even when used without any pretensions to a scientific mode, can accomplish wonders. The following statement was communicated to Dr. Hunting Sherill, by one who was an eye witness:—"During the prevalence of the epidemic cholera in the Dutchess County Poor-house, a maniac, who was confined in a cell, got a violent attack of this disease. The officers and medical attendants concluded that as they had a great deal to do, and as this was a very boisterous, troublesome subject, they would pass him over, and not give him any medical attendance. Some one, moved by compassion from hearing his moaning for water, set a bucketful in his cell, which he drank freely of, and as freely discharged by emesis and dejections. This done, he was supplied with another bucket of water, and drank as much as he wanted. It turned out that this poor fellow, by following

the dictates of nature, prescribed for, and cured himself. HE GOT WELL. This was one of the 10 cases out of 106 which recovered in the institution."

"Whatever the mode of treatment, the main object is to remove internal congestions; restore the paralysis of the pneumo-gastric nerve, and bring into action, and intensify, the entire functions of the skin. This once accomplished, the danger is over. The water treatment has accomplished this marvellously well, as the foregoing statistics prove; and, we may add, in the safest and least injurious manner."

"Here then is ONE SHEET ANCHOR for the people in an escape from the deathly clutches of this malignant visitation. If the regular profession will not adopt a natural, safe, and certain method, *medical* science MAY become *non-medical*, and its practitioners be the LAITY. It is difficult to see how the faculty can pursue physiology and therapeutics any further, as they have purged and bled away till nothing is left, but chemical dust, and germ-cells, and a practice, BY THEIR OWN CONFESSION, barbarous, inhuman, and murderous. Compare the tables of statistics, and we say:—

"Look on *that* picture and on *this*,"

"Palman pui meruit, ferat."

Highly conclusive and satisfactory as the preceding details are, as given by Dr. Eadon, I now propose to show that hydropathy has *another* equally certain and efficacious mode of treating cholera.

On page 17 there is a short account of the successful treatment of cholera by the application of the steam or vapour bath, communicated to me by the Rev. John Law, which was efficacious in every instance in which it was applied. I have the strongest reasons for believing in the absolute correctness of this statement,—and should the vapour bath, or the hot-air (Turkish) bath be employed successfully in this country in cases of cholera, they may involve the elucidation of a newly discovered principle in the treatment of fevers and epidemics, viz.:—*the disinfecting of heat or increased temperature.*

The promulgation of this important idea is due, I believe, to the late William Henry, M.D., F.R.S., of this city, who is still well remembered at the present time by many of its inhabitants. He first broached the subject, in two papers, in the “Philosophical Magazine,” in the years 1831-32; the one is entitled, “Experiments on the Disinfecting Powers of Increased Temperatures, with a view to the suggestion of a substitute for Quarantine:” the other consists of details of “Further Experiments on the Disinfecting Powers of Increased Temperatures.” The gist of these essays is to show that goods, clothes, and other articles, might be divested of all contagious qualities by exposing them to 140 degrees of heat for a short time. So far as destroying all infectious properties, the experiments were quite successful, but the heat injured the goods: and cotton,

for instance, was diminished in its power of fibrous tonicity by one-third. This, of course, frustrated the idea of the heating process as a substitute for quarantine. In these essays Dr. Henry strongly comments on the disinfecting powers of heat in arresting epidemics, but as the Turkish or Roman bath was not practically known in his time, nor the vapour bath sufficiently in vogue, he of course does not suggest either of these convenient and handy modes of applying a disinfecting amount of heat to the body in treatment of fevers; but as his remarks are highly interesting, they are here given in an abridged form:—

“Contagious diseases are largely diffused by *fomites*, or the infectious property concealed in clothes, cotton, or other materials. If tightly packed and excluded from the air, the *fomites* become intensely concentrated and virulent,—much more so from confinement than contagion from actual contact with a patient.

“Experiments showed that the infectious nature of cowpock was inert at 140° , and three flannel waistcoats which had been worn by a patient in the Manchester fever ward, were subjected separately for an hour and three quarters to a temperature of 204 or 205° . The first waistcoat was kept within twelve inches of the nostrils of a person who was engaged in writing, for two hours. The second waistcoat was worn next the skin by the same individual for two hours. The third was kept in an airtight tin canister for twenty-six days, with the view of

giving increased activity to any contagious matter that might have escaped decomposition. It was then placed within twelve inches of the face of the same person for four hours, and a gentle current of air being contrived to blow upon him from the flannel during the whole time, but no injurious effects were experienced. Prior to these experiments the individual was much fatigued by exercise and had fasted eight hours—circumstances most favourable for contagion, if any existed.

“The other experiments were made with several cases of the worst form of scarlatina (*scarlatina anginosa*).—Flannel waistcoats worn by the patients during the various stages—the efflorescent stage in particular—were treated one, two, three, and four hours, at temperatures from 200° to 206° . They were worn by various children from three to twenty-two days, without the slightest injury or unfavourable result.” The names of the patients and the details are given by Dr. Henry, but they are far too lengthy for insertion here. It should, however, be mentioned, that it was ascertained by the most careful enquiries, that the children to whom the disinfected waistcoats were applied, had never been affected with scarlatina, and were therefore liable to that disease. The children were attentively examined, from day to day, in order that no slight symptom might pass unobserved.

Dr. Henry states that “the preceding cases of typhus are not entitled, from their fewness, to the same weight as those of scarlatina, in illustrating the disinfecting

power of heat, because the latter were so much more numerous, varied, and complete." Of the last he remarks that "*they prove that by exposure to a temperature of not less than 200° for ONE HOUR the contagious matter of scarlatina is either dissipated or destroyed.* To me it seemed more probable that it was *decomposed*, than *volatilized*, because cowpock matter, though completely deprived of its volatile matter at 120°, was not rendered inert by a temperature much below 140°." Dr. Henry further remarks that the disinfecting power is due to heat alone, as there was no opening in the apparatus to allow the escape of contagious matter, or for the atmosphere to act in its expulsion.

Dr. Russell, alluding to the plague, in his "Natural History of Aleppo," (vol. 2, p. 339) says, "extreme heat seems to check the progress of the distemper; for though the contagion and the mortality increased, during the first heats in the beginning of the summer, a few days continuance of the hot weather diminished the number of new infections. July is a hotter month than June, and *the season wherein the plague always ceases at Aleppo is that in which the heats are most excessive.*" In another part, (p. 284, vol. 2.) Dr. Russell states the greatest heat at Aleppo, in June, to have been 96°, and that of July, 101°, in the shade.

The preceding extracts from Dr. Henry's papers contain materials for very important reflection. They suggest the following ideas:—

I. That actual experiments in the treatment by heat, of contagious diseases, (supposed or ascertained), such as cholera, typhus, scarlatina, and perhaps even hydrophobia, will be, in all probability, successful.

II. That for this purpose the hot water bath is wholly unsuitable, as 106° of heat, (the utmost that can be well borne) is too low; and, in addition, the gravity of the water prevents perspiration. That the vapour bath, which can only be taken (with the head outside) at 105° to 110° is too low considered as simply disinfecting; but is principally efficacious only as exciting and developing the reactive power of the patient. That the Russian bath, in which the head and entire system is immersed in the vapour, and which can be taken at 130° is likely to be efficacious. That the efficacy and power may be increased by the subsequent application of the Turkish bath, with hot air at 170° to 180° , which heat may, irrespective of reactive power, be entirely disinfectant.

III. That the curative power of the Russian and the Turkish baths, in cases of fever, *may be due, in as great measure, to the disinfecting power of heat*, as to their other qualities and peculiar action on the skin and general system, as stated in the description of those baths, under their separate heads.

IV. That where the tone and re-active power of the system is low, the perspiratory action of the skin weak, and the pores are obstructed from neglect of personal cleanliness or bathing, either the vapour or the Russian

bath are superior to the Turkish, in restoring these deficiencies *in the shortest time*, and that the subsequent administration of the Turkish, on account of its higher temperature, would afterwards accelerate the *crisis*, and thus effect a cure.

It should, however, be borne in mind, in reference to the preceding remarks of Dr. Henry and Dr. Russell, that lower degrees of temperature may be sufficiently disinfectant to patients generally, and that 140° is only necessary for inanimate substances. If so, the vapour bath is particularly suitable for cholera; as the extremities, where the circulation is so remarkably deficient, can be so prominently exposed, more than any other part of the body. to the heating influence of the vapour, and perhaps, Mr. Law's success in the treatment of cholera, may be in some measure, due to this circumstance.

Very often have I found that persons who have not been in the habit of taking Turkish Baths, *do not*, on their first trial of them, *perspire freely*—but they always do so in the vapour bath. It is, therefore, on this account, that in treatment for cholera, I would suggest a commencement with the vapour bath, and followed up with the higher temperature of the Turkish bath.

It is very far from my wish to appear to detract from the merits of the plan adopted by Preissnitz, by the substitution of another: both being equally untried by me. as no opportunity has yet presented itself for my

treating a case of cholera, much less, of comparatively testing both modes of treatment; but after the most careful reflection, I cannot resist the conclusion that the vapour bath will prove the most speedy and effective, as its action is so powerful and ubiquitous on the entire system; the frictional process being transitory and alternating.

HYDROPHOBIA.

In giving the following remarks on hydrophobia, it is desirable to peruse those immediately preceding, on cholera and its treatment, as in this latter respect, they may bear some affinity. It is to be hoped that future research will eventually discover an universal and established remedy for this dreadful affection, and whenever a case does occur, if taken in the early stage, there is little doubt that an active course of vapour-treatment will extirpate the virus in the system, or certainly mitigate its frightful paroxysms. No doubt, many cases occur in which, after bites from rabid animals, the virus has been thrown off by good constitutions, especially if the wound has been repeatedly washed from day to day.

It is, however, impossible in our present state of knowledge, to determine how far the disinfecting power of heat may act in the extirpation of the disease; but if this principle, together with perspiratory action, be the active agents in its removal, it will prove a most important addition to pathology.

When this malady is communicated by the bite of a rabid animal, the virus or poison is absorbed, and thus conveyed to the blood. Its symptoms commence with a sense of general irritation, accompanied with much mental depression and anxiety. As this disease has hitherto been deemed incurable, so the dread which it has awakened is extreme and universal. This is increased by the knowledge that the poison may slumber for a long time in the system, and then display all the fatal indications peculiar to this form of disease. Hooper says (*see Medical Dictionary, page 736*): "The prognosis in hydrophobia may be discussed in a very few words, since there does not appear to be in *the records of MEDICINE* a single unequivocal instance of recovery from this disease."

In confirmation of this opinion, I present my readers with an extract from a work which strongly proves that vapour or steam is the only efficacious remedy that science has been able to discover. The following is a translation from a French work, written by C. Lambert, "*On the treatment of Canine Madness by Russian Baths,*" (page 240.)

"Notwithstanding that in 1679 the celebrated Sanche, in his note addressed to the Academy of Medicine of Paris, said most positively, "I recommend the employment of Russian baths as a remedy for hydrophobia"—it is probable that their efficacy against this dreadful distemper would never have been surmised, if Dr.

Buisson had not cited several instances of cure of canine madness by their application, which he did in a brief article presented to the Academy of Sciences in 1834. This practitioner having himself been cured of this dreadful disease, we shall have no hesitation in adding some of his observations which are of interest to science and of the highest importance to humanity.

"Hydrophobia," says Dr. Buisson, "is indigenous to certain animals, such as the dog, wolf, cat, &c., in a word, in those animals which do not perspire. Animals that perspire, such as man, the horse, &c., are never subject to this disease, except by the absorption of the *rabid virus*. Until the present day no means were known of curing this terrible disease; even cauterization of the wounded parts was not always a sure preventive.

"A vapour bath prevents hydrophobia, and a vapour bath will also cure it. One bath may not accomplish a cure; for greater safety it may be prudent to employ several, varying from 38 to 41 degrees (Reaumer,) according to the constitution of individuals and the facility with which they perspire. I cause the patient to lie between two feather beds, and during the day to drink large quantities of warm *bourache*. I make no restrictions as to diet, and avoid such conversations as are calculated to unnerve the patient by reminding him of the accident."

"Preventive measures should always be adopted. We should not wait for the appearance of the disease,

but apply the vapour bath at once ; as the disease never manifests itself before the seventh day, there is ample time for obtaining the vapour of Russian bath."

"Having been summoned to attend a woman labouring under hydrophobia," says Dr. Buisson, "after bleeding her, I wiped my hands upon her handkerchief which was saturated with saliva ; having a wound on the first finger of the left hand, on the ninth day I felt a pain proceed from it by the radical which communicated with the brain. The attacks continued about three minutes with intervals of seven or eight. The eyes were extremely painful, and appeared to be starting from their orbits. Light affected me acutely, and, as a consequence, all luminous bodies, such as glass, metals, &c.; my hair became so sensible that it appeared to me that I could count them without seeing them. The effects of a current of air was not only painful, but prolonged the attacks. My body appeared to be lighter than air. I fancied that by leaping from the earth, I should rise to a prodigious height, and that by throwing myself from a window, I should not touch the ground. The glottis was painful, and a slight inflammation also existed in the epiglottis. I secreted much saliva, and continually expectorated. I perceived that the glands were choked up, and wishing to assure myself of it, I was unable so to do ; to such an extent was my sight affected, that I finally gave up the attempt. I experienced an incessant desire to run, and even to bite, and felt myself relieved

when walking up and down my chamber, biting my handkerchief. I drank with difficulty; the horror which I had of water appeared to be owing to its lucidity, for I could drink with my eyes shut.

“Thinking of nothing but death, I sought the most speedy and least painful. I had long believed that a vapour bath would prevent hydrophobia, but not cure it. Resolved as I was to die in a vapour bath, I took Reaumer's thermometer in my hand, fearing that I should be refused the heat which I desired, 42 degrees (127 *Fahrenheit*.) I WAS CURED. I did not expect it. I did not believe in a cure; my preconceived opinions were against it. I merely expected to experience a long intermission from the attacks by being shielded from the air. Nevertheless, I went out, dined, and drank copiously, returned to bed and slept well. From that moment I have never had a single sensation of the disease.”

Thus ends the history of this seemingly remarkable cure, which from its importance merits even more consideration than the learned doctor has given it. He has previously said that the disease is indigenous to such animals as do not perspire, and that when the disease is transmitted to man, he loses the ability to do so. From this fact we are naturally led to infer, that to open the pores and empty them of their contents is at once the rational and only way to promote a cure. Experience and common sense must justify the hope that copious sweatings by steam or vapour baths are the remedies so

long looked for. I have never had an opportunity of trying the vapour bath for hydrophobia, but whenever an opportunity arrives for doing so, I shall in perfect confidence apply it, and am sanguine in the hope of a speedy and decided cure.

Should a case of this disease occur, where the patient is remote from a vapour bath establishment, it may be administered with hot bricks in boiling water, as described on page 40.

NEURALGIA.

This disease, though in some cases quite distinct from gout and rheumatism, yet is closely allied to them, and not unfrequently owes its origin to these complaints. It is a very common consequence of mercurial treatment. Some time since, a gentleman afflicted with neuralgia, arising from the last named cause, called upon me. He was suffering the most agonizing torture. Finding a change of air and scene necessary, I advised him to go to Mr. Dobson's Hydropathic Establishment, Craiglands,* Ilkley, Yorkshire (and to place himself under the care of Dr. Macleod), where he could have the best possible air, treatment, and advice. He

* Craiglands Hydropathic Establishment, near Ilkley, Yorkshire, is under the management of Mr. Dobson, with whom, for several years, I have been personally acquainted; and can testify as to the high character of the establishment; and being, as it is termed, a "second class" one, the charges are exceedingly reasonable. It is much resorted to by the middle classes, to whom pecuniary economy is an object—but in hydropathic treatment its advantages and appliances are equal to those of any other establishment.

did so, and whilst undergoing the treatment there, he had a mercurial eruption pervading his entire body, after which the nervous pain was considerably diminished.

Perhaps the worst case of this disease that came under my treatment was Mrs. W——, of this city. She suffered excruciating pain in the back, which extended to the right shoulder, and sometimes to the head. Near to the shoulder where the principal region of the pain was, it was deathly cold and inanimate. The best efforts of medical treatment seemed powerless, and finding all his endeavours to afford relief fruitless, her physician advised her to go to the south of England, which she did. Whilst there she experienced some temporary relief from the change, but on her return the pain resumed its former severity. As might be supposed, her general health was very much shattered. Experiencing no permanent improvement, she was at last induced by a lady to try the water-cure:—First, a gentle vapour bath, to soften and cleanse the skin, and afterwards the heating bandage was applied to the most painful part. The next day, the dripping sheet, with abundant friction; then a sitz bath, and friction vigorously applied to the back with the wet hand. The next day, a wet sheet packed in the morning, and in the afternoon a sitz bath of 70°, with friction on the spine and that part of the back most affected. The succeeding day the same treatment was observed, after which, another vapour and sitz bath,

with friction, The same course was continued, with the exception that the shallow bath was substituted for the dripping sheet. In three weeks she was perfectly free from pain, and her health was completely restored. About two years have now elapsed, and not the slightest indications of any return of the complaint have been experienced. It should however, be mentioned here, as a striking feature of the case, that on the fourth day of the treatment, that the portion of the back formerly so icy cold became burning hot, and the pain intensely acute; we then took the water-proof off the bandage, and applied it as a soothing compress. In a few days the heat and pain began to subside, and then her convalescence was very rapid.

SCIATICA.

This disease is so termed from the sciatic nerve, and is, in fact, a local form of neuralgia, or may proceed from inflammation, irritation, &c. It is frequently accompanied by lumbago, though both may arise from the same cause. Sciatica has long baffled medical treatment; formerly it was the custom to sear the leg and hip with a red hot iron, with the intention of drawing the irritation from the nerve to the surface, but even this formidable process was ineffectual. With the exception of one case, in which the patient declined to continue the treatment, I have never known a single case out of many

hundreds, which has not been completely cured by the hydropathic process.

TREATMENT.—In the first place, high stimulating food and drinks must be avoided. The wet sheet pack should be used for twenty minutes, or at the most, half-an-hour. This must be particularly observed, as a longer pack would aggravate, instead of diminishing the pain, and the wet bandage, without waterproof covering, should be applied to the part affected. If this course be persevered in, with the addition of an occasional dripping sheet, it will be found to answer the purpose.

The following case of long-standing or chronic sciatica was cured in three days:—Mr. W——, a corn merchant, of this city, had been troubled, more or less, with this disease, for a period of seven years, and he fully expected it would prove a permanent affliction for the rest of his life, for his father had also been similarly affected, but so severely that his leg had wasted away to half its natural size. Mr. W—— commenced the treatment one Monday. In the morning he had a pack for twenty-five minutes; in the afternoon a dripping sheet. On Tuesday, the wet sheet pack was repeated for the same time; in the afternoon, a sitz bath. On Wednesday morning the pack was repeated, with the dripping sheet in the afternoon. After this time he never experienced a twinge of pain—but he continued the treatment for a fortnight afterwards, to make the cure radical and permanent. Usually, however, this complaint is not cured

so quickly, but there are few cases that will require more than three weeks or a month.

TIC DOLOUREUX.

This is an affection of the fifth pair of nerves, or the nerves of sensation of the face. It sometimes exists in the nerves of the limbs. Much speculation and conjecture have been devoted to this disease and its cause, which are but little understood. Its origin is of modern date—for thirty or forty years ago it was very little known, though now it is universally prevalent amongst the upper classes. My conviction is, that it arises from the immoderate use of high-seasoned food, strong tea and coffee, &c.: the viscera become irritated and the nerves diseased, hence the pain.

Dr Gully says that he has known it caused by a patch of inflammation on the mucous membrane of the stomach, not larger than a crown-piece, and in confirmation of this, it may be stated that this complaint has been frequently cured by a wet bandage applied to the stomach. It is occasionally met with in a very aggravated form, and defies all remedial applications, but very few cases would become severe if treated hydropathically at their commencement.

TREATMENT.—Wet sheet pack for half an hour in the morning. In the afternoon a sitz bath for twenty minutes, with a cold damp cloth to the head, and a soothing compress over the stomach must be worn day

and night, renewed as often as it becomes dry. Friction should be applied two or three times each day, with the wet hand, both to the stomach and the part affected. The above treatment, with an occasional vapour bath, and four tumblers of water taken daily, especially when the stomach is empty, will soon be productive of satisfactory effects.

TOOTHACHE.

If the teeth be decayed, the best course is to apply to some respectable, well qualified dentist; who will either extract them, or reduce the sensibility of the nerve, as may be most desirable. But before going to a dentist, clearly ascertain if the toothache does not arise from the derangement of the digestive organs, or from disorder of the nervous system, for toothache originates principally from these causes, and rarely from defective teeth. In fact, it is an eloquent warning that you have abused your stomach and deranged its functions, and should teach you not to gratify your taste at their expense.

TREATMENT.—Take a very gentle vapour bath, and a dripping sheet afterwards. with plenty of friction, and apply the soothing compress to the stomach immediately afterwards. The next day take a wet sheet pack, followed by the dripping sheet, and friction—continue the dripping sheet only for a few days, and apply the soothing compress during the night.

SPRAINED ANKLE.

Of the efficacy of hydropathic treatment in this casualty, I could quote many instances, and the sufferers would be glad to testify, in grateful terms, its wonderful powers. A brief allusion, however, to one instance must suffice.

One fine frosty morning in February last, Mr. ———, a merchant of this city, was riding hither on horseback. The slipperiness of the pavement was evinced by the unsteady pace of the horse, and still more painfully so by the violent prostration of both horse and rider on the ground. The horse fell with his whole weight on the rider, inflicting most painful contusions, and a severe sprained ankle; he was only extricated after some time, and with great difficulty, from the disinclination of the horse to rise. By following the treatment hereafter detailed, the gentleman was so far recovered as to attend a ball in a week afterwards, but prudently refrained from dancing, and in fourteen days was so thoroughly healed as to be able to ride and take exercise, as usual.

TREATMENT.—Steam the ankle in the local vapour bath for forty minutes; afterwards immerse it in hot water for ten minutes, gently rubbing it with the hand during that time, then let it be taken out, and rubbed for half a minute with the *cold* wet hand. This should be repeated in the afternoon, with the addition of a general

vapour bath. The soothing bandage should be continuously applied, day and night. The foot bath should be taken as above described twice daily for a week, with a dripping sheet every other day, and one wet sheet pack as a finish to the treatment.

DISEASES AND OTHER AFFECTIONS OF THE SKIN.

In introducing notices of skin diseases, it is necessary to premise that some of them are not confined to the skin alone but to the blood, and that some of them would be more justly defined as appertaining to the latter than to the former. In these instances, in order to effect radical cures, it is necessary to adopt such treatment as will tend to purify the blood thoroughly, as well as the entire system.

SCURVY.

It is a well known circumstance that sailors and others, who undertake long voyages, are particularly subject to scurvy. This is due to the frequent impossibility of procuring fresh, wholesome, nourishing food, and vegetables in a proper state; and it is greatly increased by the insufficient accommodation for washing and other essentials for personal cleanliness, and proper attention to the skin. The cases of this disease which occur on land are not so aggravated and distressing as

those on board ship, but comparatively slight. The symptoms usually are slightly discoloured patches, with scaly eruptions on various parts of the body, and sponginess of the gums.

In the treatment of this disease many persons entertain great fears of driving it more deeply into the system. “Better *out* than *in*,” say they; but it is far better to avoid both. Nor are these fears without foundation, for surgeons sometimes, with a laudable anxiety to please their more anxious patient, and to remove the discolorations, *do drive it in*; but in this not they, but their *in*-patients, are to blame in irrationally insisting on a miraculous and instant cure.

TREATMENT.—Scurvy cannot be cured without rigid and particular attention to diet. All fatty and oily meats are to be avoided, especially bacon. Meats of every kind ought to have the fat cut away, and as little of the gravy used as possible. One or two oranges may be taken before breakfast, and another before dinner. When oranges are not in season, lemon-juice may be substituted, and water may be taken copiously. Full active hydropathic treatment must be given; two wet sheet packs and two vapour baths per week, with sitz bath and dripping sheets the same day; a dripping sheet on rising in the morning, and a cold shallow bath before dinner must likewise be taken on those days when neither the vapour bath nor the wet sheet pack is administered. Apply the heating compress to the

stomach and the abdomen, on alternate nights, but not to be worn during the day. Abundant out-door exercise to supply the lungs with pure air, and water should be taken freely.

The sulphur-vapour and sulphur-water baths are of immense service in some particular cases of scurvy, and will expedite the cure if judiciously used.

Miss C—— and her sister, of this city, whose parents have kindly permitted me to refer to their case, were effectually cured of the above disease with four months treatment.

ITCH.

Of all skin diseases, it may be remarked that this is at once the most loathsome and annoying,—and yet, strange as it may appear, it is the most easily cured.

The intensely irritating sensation of this disease is occasioned by the presence, in the skin, of animalculæ, or microscopic insects, which is a fact but little known. A modern writer thus describes the animalcule,—“It is sub-globular in form, has a brightly-shining coat, which reflects the light and gives the animal the appearance of a very minute bladder of water; it has eight legs, four in front, near the head, and four smaller ones underneath its body; a strong and tortoise-shaped head; indeed, altogether it offers much the character of a tortoise, with its arched and convexed back, a flat underneath surface, and two large legs, each almost the size

of the head, on either side of the latter; the resemblance, moreover, is increased by the manner in which the legs appear to project from the front border of the body, but here the likeness ceases, for the hinder legs scarcely show themselves behind the outline of the body, and the creature can run with considerable rapidity, raising the body above the line of the head. The skin or shell of the animal is beautifully white and ribbed, and the head and fore-legs are covered with a reddish skin, like the horny case of the insect tribe. The back presents a number of projecting spurs and long porcupine hair-like filaments set on round tubercles, and similar filaments stand out in all directions from the different segments of the legs; on the hinder legs the hair-like filaments are very long, and trail behind in walking. The zoologist cannot do otherwise than admire the beauty of this animal."

If once these animalculæ effect a lodgment on the skin, by contact or otherwise, they increase and diffuse themselves with a wonderful fecundity, and the scarf-skin very soon shows symptoms of their presence, by its surface being ruffled and raised, but with scratching it becomes ragged, and small sores may be observed between the fingers, which localities are the favourite haunts of the insect.

TREATMENT.—Two sulphur vapour baths are sufficient to cure an ordinary case of itch. On going to the bath, the patient should come provided with an entire change

of under-clothing, as on undressing, the adhesion of some of the insects to the east-off under-clothing would if that were resumed, replace them on the body. When the cure is completed, the itching will entirely cease. The baths must be taken on alternate days, and when the tormenting insects are thoroughly exterminated by the sulphureous vapour, take a good wash-down in a bath, with a profuse application of soft soap.

In cases of attack occurring to any young children, the sulphur bath cannot be applied with safety, but they must be well washed in tepid water twice a day, with a liberal application of soap.

It is gratifying to observe that this annoying complaint is becoming annually more and more rare, in consequence of the increased attention to personal cleanliness, by all grades of society, and particularly by the facilities for bathing now so liberally offered to the lower classes, by the public baths and wash-houses.

ITCHING OF THE SKIN

Is most prevalent in the winter and in the spring, during which periods, many people disuse the bath altogether, and the action of the skin becomes most injuriously obstructed, whilst it is still more seriously aggravated by the prevalence of the dry east winds, which render it particularly harsh and uncomfortable.

TREATMENT.—A vapour bath every other day, for a

week, should be taken, and the irritating sensation will be quickly dispelled.

NETTLE RASH.

This affection is thus named on account of the stinging sensation attending it, closely resembling that produced by the common nettle plant. There is no possibility of mistaking its symptoms on the skin—white elevations on a scarlet ground.

The chief cause of the nettle-rash is a disordered state of the digestive organs, sometimes occasioned by peculiar descriptions of food, such as mussels, oysters, crab, lobster, and other varieties of shell, and also of dried fish.

TREATMENT.—Three vapour baths on alternate days, with the heating compress round the abdomen at night, will be all that is needed to effect a cure.

ULCERS.

Ulcers may arise from a variety of causes; from a bruise of the skin when the body is in an unhealthy condition, from scurvy, or from scrofulous taint.

TREATMENT.—From whatever cause the ulcer may have arisen, a few vapour baths should be taken, in order to excite exhalation over the whole surface of the skin, which will purify the fluids and relieve the sore; take one every third day, steam the ulcer in the local vapour bath twice each day, wash it well each time, and apply

the soothing compress continuously to the ulcer until quite healed.

BOILS.

Notwithstanding the pain and annoyance occasioned to the sufferer by boils, their appearance ought to excite his gratitude and self-congratulation, as they indicate a sound and healthy constitution. Boils are the result of the effort of the system to throw off the morbid humours on the skin for external discharge, and if the system had not the power and faculty of doing so, the sufferer would be prostrated in a severe and protracted illness, as is the case with many delicate persons.

It is a very common occurrence when one boil makes its appearance that a number of others will ensue either simultaneously, or successively for a period. When a number appear together fully developed, it is in the water-cure termed *the crisis*;—an event anxiously anticipated, and accepted as a certain presage of future health. Boils manifest themselves most frequently on those who live high, and are particularly clean and attentive to the healthy action of the skin; and sometimes in those who have not undergone hydropathic treatment, but in either case they must be regarded as the innate exertion of the unaided power of nature to expel and dissipate morbid secretions.

TREATMENT.—If elicited by hydropathic treatment,

most of the baths should be discontinued, with the exception of the vapour bath, which will soothe and allay the irritation. Three vapour baths per week may be taken; the soothing compress must be continuously worn till the boils burst, then poultice them until the entire matter is extracted, for if any be left in, the formation of new and equally troublesome boils will accrue. The poultice should be kept on for a day or two until the opening is large, and it should be repeatedly pressed from time to time, to squeeze out all the matter. When this is done, the soothing compress should be resumed till healed. I have known some instances in which the matter, after the bursting of the boil, has not been extracted, result in the formation of three other successive boils.

CHILBLAINS

Are caused, sometimes, by a diseased state of the fluids, or by sluggish and defective circulation of the blood in the feet during the winter season.

TREATMENT.—Steam the part affected three times a-day; take two or three vapour baths, and apply a small heating bandage to the part affected.

WHITLOWS

Are very similar to chilblains in their causes and origin, and the preceding mode of treatment is equally suitable and efficacious.

ABSCESS.

There are no cases of abscess but which, if taken in the early stage, can be easily cured by hydropathic treatment, except the entire system be inveterately diseased; and this opinion is being continually confirmed by the observation of others as well as by my own experience. Having lost a near and deeply beloved relative by this disease, many years ago, I am constantly and sorrowfully reminded by the successful treatment of far worse cases, how easy it would have been to have saved his life had my acquaintance with hydropathy been as practical then as at present, or if I had sufficiently detected the benefit he experienced from a few baths, to insist on a protracted course of them.

An abscess may be described as a boil or gathering; a collection of pus is formed or deposited in some tissue or organ, and if allowed to accumulate undisturbed, it becomes large and hard, and ultimately breaks out into a very disagreeable sore, from which very unhealthy matter is discharged, impregnated with a curd-like substance, which has to be pressed through the opening with the hand. In some operations of this nature I have witnessed portions of this substance projected to a distance of two yards.

In all cases, vigorous treatment should be immediately resorted to, as in its early stage it is much more easily cured than when maturely developed, and the idea enter-

tained by many, of driving it deeper and engrafting it in the system by hydropathic applications is purely chimerical. The water treatment will efficiently abstract all disease, by exciting the action of the skin of the whole body, and promoting the elimination of effete matter therefrom, and particularly from the part affected, and by living on plain wholesome food, drinking pure cold water, inhaling fresh and bracing air, to change and improve the quality of the fluids of the body. Under these conditions a cure may be confidently anticipated.

TREATMENT.—Two vapour baths and two wet sheet packs, with the dripping sheet on alternate days. The heating bandage should be continuously applied to the abscess, and the local vapour bath should be applied twice a day. Plain food, abundance of fresh air, and copious drinking of cold water are indispensable.

Mr. L——, of Hulme, who was effectually cured of an abscess in a fortnight would be glad to testify to the efficacy of the preceding mode of treatment.

COLDS.

We now come to treat of one of the gravest items of pathology—one most neglected of all diseases, and correspondingly fatal, yet so latently insidious that its effects are scarcely ever noticed, or wholly disregarded.

“*Only a cold!*” is a very common reply to the usual conventional query. “Yes! *only a cold!*”—but what does it lead to? Ask yourself what your most in-

timate friend died of in the prime of life?—INFLAMMATION OF THE LUNGS; it was brought on “by a cold *only*.” What occasioned the death of your lovely little boy?—BRAIN FEVER; it was “*only* a cold.” What occasioned the death of your venerable and respected friend?—DROPSY; it was “*only* a cold.” What occasioned the death of that exquisitely beautiful creature, the belle of the city, —the cynosure of every eye—the pride of her parents, the joy of her friends, the charm of every circle, the light of every ball-room? What caused her to fade like a flower, to wither day by day, until consigned, amidst heart-breaking sorrow, to a premature tomb—by that perilous malady, CONSUMPTION! What occasioned this?—“*only* a cold!”

The instances of violent acute and inflammatory disorders induced by taking cold will admit of endless enumeration—but a short painful illness is not the only deplorable result of taking cold; for in some constitutions, particularly those who are delicate, or who may have hereditary predisposition to disease—it induces years of decrepitude, helplessness, and hopeless suffering; from which there may be no welcome relief but death, and even he seems to be longer in his approach as though he desired to torture and protract the sufferings of the hapless victim.

In a word, precaution against taking cold, is the grand economy of life—and with the weak and delicate, it ought to be their principal study.

TREATMENT.—The causes, symptoms, and peculiarities of colds are so varied, and assume such opposite forms, that an uniform system of treatment cannot be laid down. In some cases the skin is dry and burning, with a quick and irritable pulse; in others, the skin is cold and clammy, with low and weak pulse. In the former the wet sheet pack is decidedly the most efficacious. For the latter cases, the vapour bath may be taken daily until relieved. In both instances, however, a dripping sheet once a day should be taken, and every night a wet compress round the body should be worn.

I cannot close this section without strongly animadverting on one modern and disregarded source of frequent cold, and which requires especial attention. Railways, by their wonderful facility and rapidity of intercourse, have conferred innumerable benefits wherever they exist, but indirectly they have been the means of producing severe colds and consequent diseases. Persons about to travel frequently delay their departure to the last minute, and have to run to the station to be in time. Perspiration is excited more or less profuse; sometimes equally so by more leisurely travellers carrying one or two heavy bags or other articles. Having got into the carriage, the windows being open, a draught of cold air passes through, which is still more increased by rapid motion. The result is checked perspiration, a severe cold, and perhaps a disease which time or circumstances may determine fatally. I have seen num-

berless instances in which false delicacy or politeness on the part of individuals of both sexes, restrained them from demanding the closing of the carriage windows. Let me hope that all my readers who regard their personal health and welfare, and who reflect on the frightful mortality occasioned by colds, will never neglect insisting on this necessary precaution being duly observed.

CARTARRH, OR COLD IN THE HEAD.

This affection is occasioned by exposure to cold and damp, sudden changes in the temperature of the air, and kindred causes.

The symptoms commence with an increased secretion of mucus from the membranes of the nose, fauces, and bronchia, attended with sniffing of the nostrils, sneezing, irritating cough, shivering, heat of the skin, and other symptoms of fever, sensation of weight and pressure across the forehead, watery eyes, depression, lassitude, want of appetite, &c., whilst the discharge from the nose painfully irritates the lips.

If this affection be neglected and allowed to take its course, it may continue for several weeks, and even months, especially in delicate constitutions; and when apparently dissipated, will leave a memento of its visit in the form of a low, frequent, irritating cough. The folly of neglect in such cases is most reprehensible, and much suffering, indisposition, and discomfort may be avoided by prompt recourse to the following rules:—

TREATMENT.--Take an ordinary vapour bath, remaining in it until the perspiration exudes copiously. On leaving the bath the patient must avoid the usual cold water application, but a dry sheet must be thrown over him. A tumbler of water must be drank, and he must then be well wrapped in blankets, and a feather bed placed upon him as in the wet-sheet pack, and in a few minutes the perspiration will be very profuse. From thirty to forty-five minutes will be a suitable time to remain in the blankets, and immediately on leaving them a dripping sheet must be taken, when the disease will vanish. Another dripping sheet should be taken on the following morning on rising, and this should be again repeated at eleven o'clock. If the dripping sheets be continued for a day or two afterwards, they will remove all weakness or lassitude from the severe perspiration, and also liability to future cold.

INFLUENZA.

This is a modern and fashionable name given to an intensely aggravated form of cold of the head and chest, accompanied with great depression of spirits and prostration. It commences at certain periods of atmospheric change, and then prevails so universally and regularly as to appear epidemic in its character. It is these peculiarities which distinguish it from common cold. It is, however, more decided in its symptoms on the Continent than here. On the occasion of its last appearance in

Paris, half the population of that city were more or less affected, and great numbers were swept away as if by a pestilence.

TREATMENT.—A wet-sheet pack every morning followed by the dripping sheet, after which vigorous friction, must be administered; at eleven o'clock in the forenoon another dripping sheet may be taken; four or five tumblers of water should be drunk daily. The heating compress to be worn at nights only, round the stomach.

GLANDULAR SWELLINGS.

Glandular swellings are caused by colds, which have been neglected and allowed to settle in the system; the perspiration is obstructed, the fluids become thick and clammy, the glands are gorged; hence the swelling.

TREATMENT.—Take the vapour bath twice and the wet sheet pack once a week; a dripping sheet every morning on rising, and wear the heating compress on the part affected day and night.

MUMPS.

This affection is a swelling of the cheek, extending under the jaw and over the neck. It arises from inflammation of the parotid and other salivary glands.

This disorder seldom proves fatal; but in many cases, where the constitution is naturally delicate or unhealthy, it may prove the germ of a lingering and tedious illness, if active treatment be not adopted.

TREATMENT.—A vapour bath every other day, and the heating compress should be worn completely over the throat and face, and frequently renewed. These measures will generally subdue the disease, and will save much trouble by their timely application.

CROUP.

Though this is generally considered a dangerous affection, it is not so when treated hydropathically.

Hooper observes that "it mostly attacks infants; who are suddenly seized with a difficulty of breathing, attended with a crouping noise. It is an inflammation of the mucons membrane of the trachea, that induces the secretion of a very tenacious coagulated lymph, which lines the trachea and bronchia, and impedes respiration. When it proves fatal, it is by suffocation; induced either by spasm affecting the glottis, or by a quantity of matter blocking up the trachea or bronchia."

It is, by preventing the disease acquiring this last described dangerous climax, that the hydropathist saves his patient; but if it should have arrived at this before commencing the treatment, then he must immediately excite the exhalation from the entire cutaneous system by means of the vapour bath, which will give instant relief to the throat. The heating bandage must then be applied to the throat, and rigidly attended to day and night; it must be re-moistened and re-applied every hour.

TREATMENT.—Give the vapour bath immediately, followed by a dripping sheet, and afterwards apply the heating bandage to the throat, as above described. If the vapour bath be given in the morning, then apply the wet sheet pack in the afternoon; this will usually remove all danger, but to make the cure certain, continue the treatment for a few days, giving the vapour bath and the pack alternately, until the patient is thoroughly recovered.

SCALD HEAD

Is characterised by innumerable small ulcers at the roots of the hair, which are covered with a white incrustation, the result of matter discharged from the ulcers. This disease spreads very rapidly, for, on simple contact with the matter, the skin becomes inoculated.

TREATMENT.—Cut off the hair as closely as possible, if the case be a bad one; dissolve four ounces of soft soap in six gallons of water at blood heat, and fix the patient in a convenient position for giving the head a thorough washing with a hard flesh brush. The patient will not like this, but it must be persisted in whilst there is a speck of the white scurf or incrustation left. This must be repeated every third day, and continued as long as any of the white scurf appears. It must be a very bad case indeed that requires more than three dressings. The soap being well washed out, a skull-cap of fine thin old linen, fitting close to the head,

should be provided ; this should be dipped in cold spring water, well wrung, and applied to the head. Another cap, made of two or three thicknesses of linen or calico, closely fitting, but dry, should be drawn over the wet cap. This arrangement is, in fact the application of the soothing compress compactly to the head. The wet cap must be re-moistened and re-applied every hour until the complaint is quite healed.

HOOPING COUGH.

The premonitory symptoms of this malady are laborious and restricted breathing, difficulty in expectorating, and accompanied by a slight cold. In a fortnight or three weeks the distressing and peculiar sounding cough is developed, and it generally continues, with more or less intensity, for several weeks. It is mostly confined to children ; but adults who have not had it in infancy, are liable to its attack, by visiting households where it exists, or from other circumstances promoting infection, but any person who has once been infected with it, never experiences its recurrence. Some time since, it was extremely prevalent in Manchester ; so much so, that the cases of adults, middle-aged, and even old people being attacked by it, were very numerous ; and in several instances which came under my notice, the attacks were remarkably severe.

TREATMENT.—A wet-sheet pack must be taken every third day, and a body-bandage must be applied every

night and should be worn only during the night. The heating compress must be continuously applied to the chest and close up to the throat both day and night. Every morning on rising a brisk friction with a wet towel, or the vigorous application of the cold wet hand, should be given over the entire system, but most particularly to the chest, and water should be drank copiously. If there be any neighbouring locality within an easy distance, where strong, pure, and bracing air can be inhaled, the child should be well wrapped up in thick clothing and taken there, if only for an hour daily. Care must be taken to keep it thoroughly warm.

The real cause, origin, and pathology of hooping cough have not been as yet clearly defined by the researches of the faculty; and although it has been the frequent subject of speculation and theory, yet it has not been attended with any certain and satisfactory conclusions. Very few cases of hooping cough now terminate fatally, and when this occurs death is very gradual, and consequently no *post mortem* examination is demanded. It is, however, very much to be regretted, that such examinations by competent medical authorities are not made, as is done in cases of sudden death, as then we should be enabled to acquire an important insight into the origin and character of the malady; a new light would be thrown on it, which would be a desideratum in pathology, and perhaps enable us to adopt not only a

more effective mode of treatment, but a precautionary one, which might totally avert its attack.

WORMS.

Very few persons exist who have not at some period of childhood been troubled with this complaint. The principal indications of the presence of worms are—Pain and uneasiness in the belly, difficulty and straining in voiding urine; variable bowels, both loose and constipated; scratching and tickling at the nose and seat, grinding the teeth during sleep, hollow eyes, wasting, fretfulness, &c.

Dr. E. Johnson recommends for this complaint a few doses of turpentine and mucilage. A pennyworth of each will make six doses. I have administered it frequently, and in every instance with the most decided success.

SCALDS.

If the part affected can be instantly plunged into cold water before the atmosphere has had time to act upon it, no blister will arise; but it should be kept in the water twenty minutes. If after this, any doubt should exist as to the fire in the scalded part being subdued, then apply the cooling bandage, which should consist of a piece of linen rag well soaked in water. Only one fold or one layer should envelope the part affected; and it should be continuously re-moistened. If applied to one

or more fingers, or to the hand, arm, foot, or leg, the bandage should not be taken off for re-moistening, but immerse it and the part affected in cold water, conveniently placed for that purpose.

BURNS.

These should be treated in the same manner as scalds, with this difference: that when the fire is abstracted from the burnt part, then the *soothing* and not the cooling compress, is the most suitable application. A trial of the prescribed treatment in such cases will evince in a striking degree the HEALING POWER OF WATER, and show its infinite superiority to that of any salve, ointment, or lotion which can be prepared.

RECOVERY OF DROWNED PERSONS.

The best method of restoring animation in case of drowning is contained in the following rules for restoring the drowned, drawn up by Marshall Hall, M.D., F.R.S.

First, Treat the patient instantly, on the spot, in the open air, except in severe weather; freely exposing the face, neck, and chest to the breeze.

Second, Send with all speed for medical aid, and for articles of clothing, blankets, &c.

Third, Place the patient gently on the face, with one arm under the forehead, so that any fluids may flow from the throat and mouth; and, without loss of time.

I. To EXCITE RESPIRATION:—

Four, Turn the patient on his side, and (1.) apply snuff or other irritant to the nostrils. (2.) Dash cold water on the face previously rubbed briskly until it is warm. If there be no success, again lose no time; but,

II To IMITATE RESPIRATION:—

Five, Replace the patient on his face (the tongue then falls forward and leaves the entrance into the windpipe free;) then,

Sixth, Turn the body gently, but completely, *on the side and a little beyond* (when *inspiration* will occur), and then on the face, making gentle pressure along the back (when *expiration* will take place), alternately; these measures must be repeated deliberately, efficiently, and perseveringly, fifteen times in the minute, only; meanwhile,

III. To INDUCE CIRCULATION AND WARMTH:—continue these measures:—

Seventh, Rub the limbs upwards, with firm pressure and with energy. using handkerchiefs, &c.

Eighth, Replace the patient's wet clothing by such such other covering as can be instantly procured, each bystander supplying a coat or waistcoat.

The successful application of the above rules are thus reported:—

“Skibbereen, July 31, 1856.

My dear Sir,

I think it right to inform you, that within the last few days I have had an opportunity of trying

your new method of inflating the lungs, and I am happy to say the result has been most successful. The case was that of a boy, about thirteen years of age, who, when bathing, got a cramp in the right leg, and, after struggling for a considerable period, sank exhausted. He remained under water for nearly twenty minutes, and when brought to land appeared quite dead. I happened to be passing at the time, and immediately put your plan into operation, and after continuing it for more than a quarter of an hour, he began to show some symptoms of returning animation. His recovery is the most remarkable I have ever witnessed, and must have been impossible if treated according to the methods heretofore in use.

With much respect, ,

I am, dear Sir,

Very truly yours,

DAVID HADDEN, M.D.

Dr. Marshall Hall."

WATERY PIMPLES.

For this affection four or six sweating baths—either the vapour or Turkish baths are suitable, as may be most convenient; and the soothing compress worn over the stomach a few nights, will be all that is necessary to remove these annoyances.

DRY PIMPLES

Are not so easily dispelled as the watery pimples. The dry pimples are mostly peculiar to children and young persons who may have irritation of the stomach, from taking high-seasoned food. The same rigid attention to diet as recommended in cases of scurvy is necessary. One vapour bath per week, two dripping sheets daily, with plenty of friction, is required.

CHAPPED HANDS

Is a frequent complaint with bath-men, washerwomen, domestic servants, and others, whose hands are exposed to the action of water, combined with that of alkalies in common soap, and also from not properly drying the hands after immersion in water.

TREATMENT.—Steam the hands well two or three times a-day, for twenty minutes each time, which will speedily heal them.

SORE AND TENDER FEET.

Active pedestrians are sometimes subject to sore and tender feet. If from chilblains, adopt the specified treatment. If the external skin is tender from profuse perspiration in summer, or from excessive walking on the street pavements, a hot water foot-bath before going to bed, with a quarter of a pound of salt, and a like proportion of soda dissolved in it, will relieve and

harden the skin of the feet. If the feet feel internally tender, by the bone seeming to press unpleasantly on the cushion of the foot, either from excessive walking, long standing, or atmospheric changes, a hot foot-bath with half a pound of *bay* salt dissolved in it, will afford satisfactory relief.

HEAD-ACHE.

Simple head-ache may be cured by a cold foot-bath, of five minutes duration, having at the same time a cold wet cloth on the head.

If head-ache proceeds from other disorders, it will disappear on using corresponding treatment. If from indigestion or stomach complaints for instance, then adopt the treatment laid down for those affections, by which it will be easily dispelled.

MENTAL IRRITABILITY.

So intimately connected is the mind with the body, that the action of the former cannot be healthy if the latter be impaired. In fact in all cases of insanity and natural idiocy, it is the malformed, deranged, or impaired tenement that obstructs or perverts intellectual and moral development. Hence a little reflection will show us how much intemperate living must blunt and destroy the reflective faculties and moral sympathies of our nature.

The harmonious action of the bodily functions are fre-

quently disturbed either by indigestion, constipated bowels, gorged liver, surcharged brain, or obstructed action of the skin. Any one of these derangements will, in most persons, produce great mental irritability, of which the following is an instance:—

Recently Mr.—, a magistrate of this city, came to my establishment, and complained that for the past fortnight he had been subject to excessive irritability; that he frequently for the time lost all self-control; that often, from very trivial causes, and sometimes from no cause at all, he would storm and burst into fits of ungovernable passion, of which, on their subsidence, he was heartily ashamed.

On enquiry, the circumstance was elicited that he had been, some weeks previously, to visit an estate in a distant part of the country. In scrambling over a ditch, whilst there, he had injured his knee, which led to confinement to his room for some time. This accident prevented his taking his customary shower bath, and thus occasioned his excessive irritability. He then underwent the following

TREATMENT.—A slow vapour bath, succeeded by a shallow bath at 70°, for four minutes; and after being well dried, the soothing compress was applied. This was re-moistened and re-applied on going to bed. The following morning the compress was relinquished and the dripping sheet taken, followed by a brisk walk before breakfast, and the irritability disappeared.

Two days after this the gentleman called to express his satisfaction at the great benefit he had received, and declared that he never experienced more tranquillity and serenity of mind in all his previous life-time, than he had done since he commenced the hydropathic treatment, and that he should be glad to testify the same to any gentlemen who might be similarly affected.

In most mental disorders, as hypochondria, hysteria, nervous irritability and depression, the water-treatment can generally be applied with wonderful advantage, and to an extent but little dreamed of by those who are ignorant of its virtues.

OFFENSIVE ODOUR OF THE PERSPIRATION.

This manual must not be concluded without adverting to another subject, even at the risk of displeasing some of my readers—many of whom may consider its introduction an infringement of delicacy; still as it involves a large department in physical economy, the plea of duty must be my apology for introducing it, and endeavouring to inculcate proper attention to its removal.

I allude to offensive odour of the perspiration arising from the whole body, and sometimes locally, from the arm-pits and feet. These annoyances usually attend persons of bilious temperament, and also those whose habits are of a sedentary and unhealthy character—without regard to male or female, though it must be confessed, even at the expense of gallantry, that it greatly pre-

dominates amongst the gentler sex. Most people, so affected, are painfully conscious of this disagreeable effluvium, and generally speaking, would spare neither time nor expense to divest themselves of its offensive presence, which all the perfumes of the East cannot extinguish, and but imperfectly disguise.

It is always most redolent when the body is heated with exercise, especially during dancing, and many partners in this glowing recreation, have relinquished their engagements, from feelings of infinite aversion and disgust. This is very common in hot countries, and occasional instances are met with in our own.

An old adage, with which every school boy is familiar, is "*Sana mens in sano corpore*"—the grand desideratum of life. Every man, woman, and child, who lives under the sun, ought to be well washed from head to foot *at least* ONCE every day, and that immediately on getting out of bed. This course, if persisted in, will render the perspiration easy, odourless, and of crystalline purity, and will, in time, effectually divest it of all fetid effluvium.

Of this, one instance will suffice. Some time since, a gentleman occasionally visited my establishment, whose skin gave off such an offensive stench, that for stifling pungency it could only be compared to that of the American skunk. He was, consequently, the terror of the bathmen, who loathed his presence. I took occasion to recommend a vigorous and protracted

sponge bath immediately on rising every morning. He acted on this hint, and in a short time the fetid odour entirely disappeared. Nor was the benefit confined to this agreeable change, for his health, both physical and mental, underwent a corresponding improvement, and he strongly advises others similarly circumstanced to adopt the same course, and thus secure the inestimable blessings of health and cleanliness, which are the fundamental and primary conditions of all vital enjoyment, mental and physieal.



CONCLUSION.

A FEW WORDS TO THE HEALTHY.

Having now described the principal and common diseases, their origin, symptoms, and treatment, I can take leave of my readers without some concluding observations, particularly addressed to those, who can appreciate the protraction of the inestimable blessings of health, and the attainment of a ripe old age of serene and tranquil enjoyment.

Admirable and transcendent as hydropathy is above all other systems of the healing art, it is infinitely preferable to supersede the necessity for its curative process, and that of any method whatever, by prompt attention to the laws and conditions of health—or to act upon the homely proverb—"prevention is better than cure."

All diseases are the consequent penalties on the infraction of the laws of health. Vigilance and reflection will generally indicate their immediate cause, and will suggest means, *if curable*, for their removal.

Once in possession of good health, it is infinitely easier to RETAIN IT, than it is, having once lost, to REGAIN IT.

The priceless blessings of health are most appreciated during a long and painful illness. The value of the treasure is most keenly felt when it is lost. Let every one carefully and solemnly remember this,—and also that every blessing is given to us only on the condition that it may be taken away on any careless or wanton infraction of the rules of rational life.

Every precaution and care in living, regular habits, attention to diet, cleanliness, clothing, and exercise, is a large advance in health, happiness, pleasure and refinement. Neglect of these observances, the contraction of vicious habits and unnatural indulgences, even though only once gratified, is a large retrogression to disease, misery, and ruin.

The teachings of Holy Writ and the study of the immutable laws of nature harmoniously and conjunctively point to the same great end—the philosophy of life—physical and mental.

The Great Supreme has ordained that the observance of his testamentary and natural laws shall be followed by unfailing rewards.

The rewards of temperance and physiological attention are health, longevity, continuous pleasure, consummated by an easy and painless transition to a state of beauty and health. Therefore, every intelligent, healthy human being has.

(fortuitous accidents excepted) his destiny in his own hands.

In general, an accurate chronometer is prized as a *chef d'œuvre* of exquisite mechanism. Yet if a man accustomed to its use were to treat it as a football, what greater proof could be given of his insanity?

How many millions of human beings daily—aye—hourly, treat their constitutions as mere footballs, to be kicked at pleasure into the unfathomable gulf of perdition?

Is not the human organism so “fearfully and wonderfully made”, with its god-like attributes, infinitely superior to the artificial mechanism?

The chronometer is guarded with the most exclusive care. During a voyage, none but one experienced hand is allowed to touch it. Should it be injured—twenty guineas will procure its renovation, and fifty will provide a new one.

THE COMBINED WEALTH AND INFLUENCES OF THE WHOLE UNIVERSE WILL NOT RESTORE TO ITS PRISTINE HEALTH, A RUINED HUMAN ORGANISM!

Then what title have those to be considered as sane and rational beings, who indulge but “*occasionally*” in debauching intemperance, gluttony, narcotic poisons, and vicious habits?—and what claims have those who *wholly abandon* themselves to such excesses, to any status whatever in the animal, or even in the insect kingdoms?

Are the momentary durations of animal pleasures,—a body racked by continual disease and pain,—a mind tortured by remorse for crime, or harrowed by ceaseless broodings over a dissipated and useless life—are these any compensation for the absence of that calm and tranquil enjoyment, that clear well-regulated mind, that pride of conscious worth, that social and self-respect, that continuous serenity of health and strength, which constitute the real grandeur of man?

Such are the principles of life, old as the foundations of the world, but new in practice. I will conclude with the following quaintly-expressed, but admirable homily, from a clear-sighted old author, (Maynwaring, on the “Method and Means of Health,” published in 1683):—

“You have that health,” says he, “and know not how to *prize* it, I’ll tell you what it is, that you may love it better, put a higher *value* upon it, and endeavour to *preserve* it with a more *serious*, *stricter* observance and tuition.

“*Health* is that which makes your bed *easy* and your *sleep refreshing*; that revives your *strength* with the rising sun, and makes you *cheerful* at the light of another *day*; ’tis that which fills up the hollow and uneven places of your carcase, and makes your body *plump* and *comely*; ’tis that which *dresseth* you up in Nature’s *richest attire*, and *adorns* your face with her *choicest* colours.

“ ‘Tis *that* which makes *exercise* a sport, and walking abroad the enjoyment of your *liberty*.

“ ‘Tis *that* which makes *fertile* and increaseth the natural *endowments* of your mind, and preserves them *long* from *decay*, makes your *wit* acute, and your *memory* retentive.

“ ‘Tis *that* which supports the *fragility* of a corruptible body, and *preserves* the *verdure*, *vigour* and *beauty* of youth.

“ ‘Tis *that* which makes the *soul* take delight in her *mansion*, sporting herself at the easements of your eyes.

“ ‘Tis *that* which makes *pleasure* to be *pleasure*, and delights delightful, without which you can solace yourself in nothing of *terrene* felicities or enjoyments.”

But “now take a view of yourself when *health* has turned its back upon you, and deserts your *company*; see how then the *scene* is changed, how you are robbed and spoiled of all your comforts and *enjoyments*.

“Sleep that was stretched out from *evening* to the *fair bright day*, is now broken into pieces, and *subdivided*, not worth the accounting; the *night* that before seemed *short* is now too *long*, and the downy bed *presseth hard* against the bones.

“*Exercise* is now *toyling*, and *walking abroad* the ear-rying of a *burden*.

“The *eye* that flash’d as lightning is now like the *opaque* body of a thick cloud; that rolled from *east* to *west*, swifter than a *celestial orb*, is now tired and weary

with standing still;—that penetrated the *centre* of another *microcosm*, hath lost its planetary influence, and is become obtuse and dull," &c.

Surely, this extract is worthy of a distinguished place amongst all collective examples of the wisdom and genius of English literature, and of being embalmed in the memory of all my readers?

Let every one, then, be deeply impressed with the fact that the preservation of physical health, and the cultivation of personal social, and moral philosophy which it directly involves, is the primary essential of all happiness and enjoyment, both here and hereafter.



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